

The Life Wheels

Professional



Personal



The Life Wheels

Each of us lives with an amount of potential, it can be fulfilled or not, but it's there. Similarly, the wheels above can be filled or not, but they potentially (as they are now) would roll together very well.

Notice that each aspect of a well examined life, our personal and professional, is identified as a slice of a wheel. The aspects of our life are easily divided into these personal and professional wheels. We know that success is the continuing achievement of your predetermined goals, stabilized by balance and purified by values. The Life Wheels provide focus on the "stabilized by balance" part.

Imagine, please, that at the center of each wheel is 0%. An empty slice when you're done indicates you have no confidence in your abilities or prospects in that aspect of your life. No one is ever here. At the edge of the wheel, for each slice in it, imagine that aspect of your life is 100% fulfilled. You're not just satisfied but also can't imagine being any better in that aspect. No one is ever here either.

So, shade with a crayon, pencil, whatever, from the center outward in each wheel to either the extent you feel you've developed (or, more commonly, to the edge of the "more" you know is out there for you.).

When done, see if your potential in each area, the goals you've set and achieved and the goals you know you will, leads to a balanced wheel, that will easily roll. Instead, is there an aspect of your life, a slice of the wheel you've been neglecting?

Another insightful step is to make copies of this to allow your family, colleagues or supervisor do their understanding of your potential.

As we strive to stabilize our success with a balance of all that is important in our lives, you may find that this short exercise helps you identify gaps between where you are and where you want to be. With this in mind, you'll be better able to establish and complete goals for each of the slices so that, you can visualize here, and then enjoy in real life the best that life can be in all aspects.

Here's wishing you much balance and success in all aspects of your life, let's get those wheels turning.

