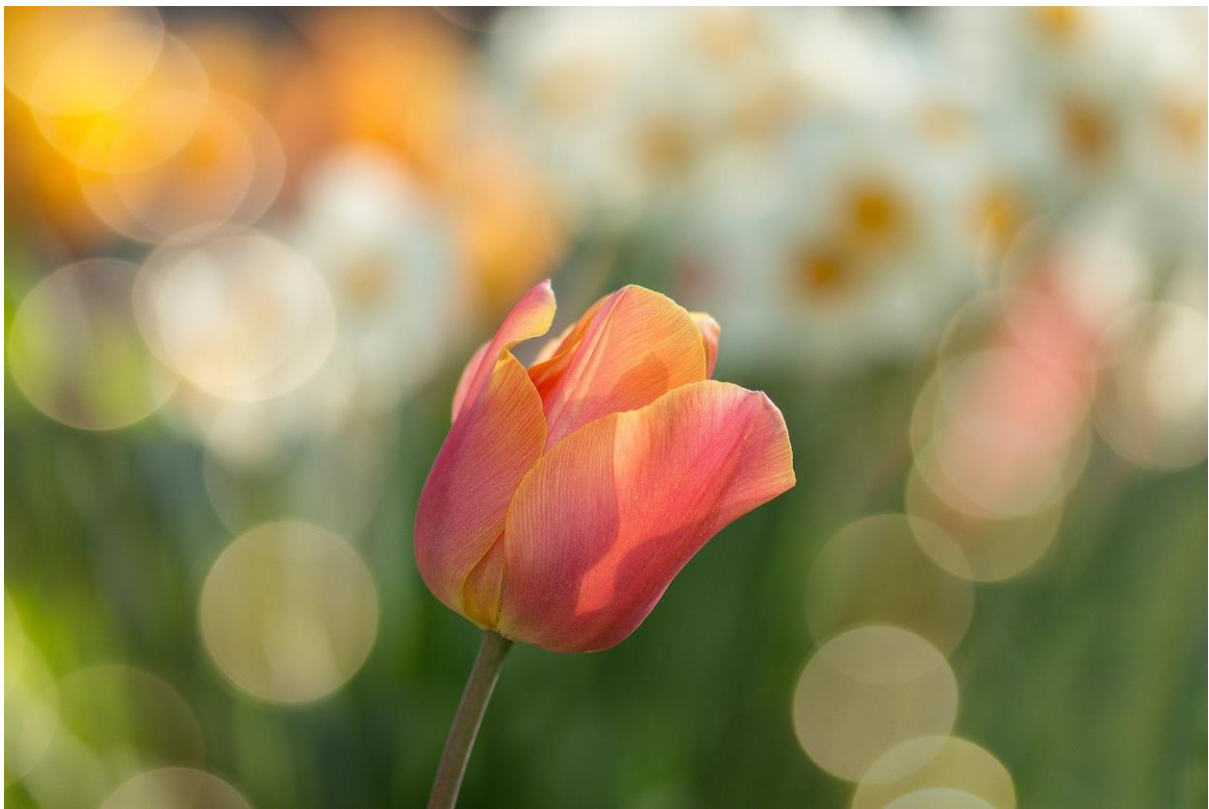


# Spring into Spring

**Combining mindfulness with life coaching to help you get clear, be motivated and set some simple & effective goals.**



ELLEN  
*Shilling*

The Wheel of life

## About Ellen

I graduated from Trinity College Dublin with a Bachelor's degree in Biochemistry and after working for 10 years in IT, I left! I was lucky to be offered redundancy which allowed me to explore a world I hadn't known before. I started with Life coaching and soon my interests expanded and I found myself on every course I could find. Kinesiology, TAT, Mindfulness, Reiki, Shamanic energy, Meditation, and more soon followed, and I haven't finished yet!



I have read, studied and practiced everything that I have learnt for the past 15 years and during that time I have trained with some of the leading experts, gone on retreats all over the world and held some of my own.

I am passionate about what I do and I can honestly say that it has changed my life! I know that can sound very OTT at times and it wasn't this sudden flash of light that came down and I was enlightened. Sitting lotus position, emanating love (wouldn't that be wonderful!) No, it was over time and with patience and commitment I found that old behaviours that didn't serve me well melted away, negative beliefs no longer held me captive and I wasn't a victim of my emotions. Finally, I could breathe and access a peace within I had never felt before and has stayed with me since.

I am based in Ireland but see clients all over the world, host workshops, events and corporate courses. I work to support people to find a more meaningful life.

I hope that you enjoy this PDF and find the Wheel to be as useful as I did over 15 years ago and it's still as relevant today.

## *Ellen*

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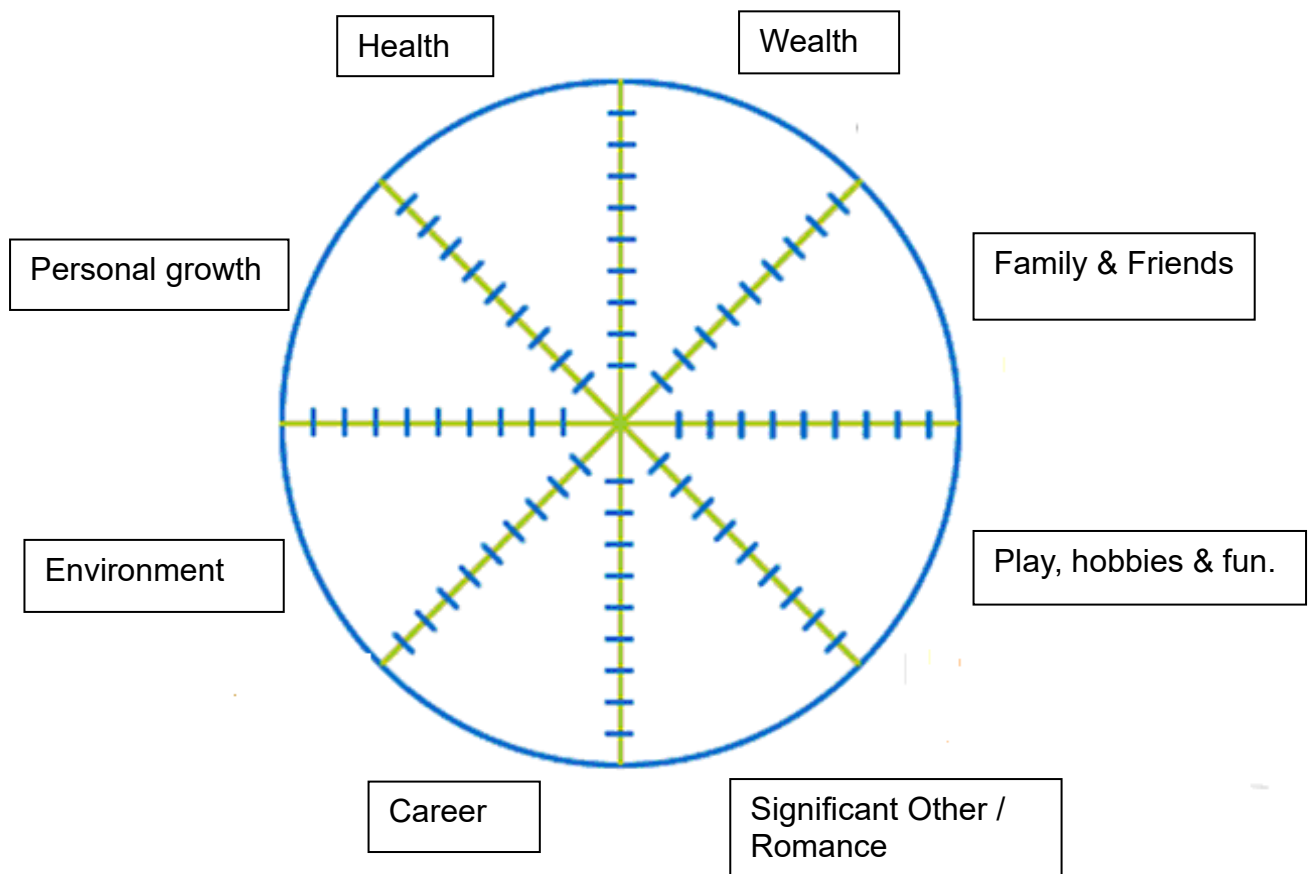
## The Wheel of life

To be truly fulfilled we need to lead a balanced life. When life is busy, or all your energy is focused on a special project, you can find yourself 'off balance' and not paying enough attention to other important areas of your life.

By regularly taking a 'helicopter view' of your life, you can bring things back into balance.

**The 'Wheel of Life'** helps you to quickly identify the areas in your life that you want to devote more energy to. The eight sections of the wheel represent the key areas of your life. Ideally these areas should be in balance just like a wheel.

The 8 sections are:



## **The story of Tom & Seamus**

For example, *John was made redundant*. It was a shock to him and his family as the company had been doing well, no one saw it coming. Fortunately, John had been aware of the wheel and so he could lean on his friends for support, he had hobbies that helped to keep him distracted and he had his health and wellbeing all of which helped him to cope with this challenge in his life.

*Seamus was also made redundant*, however Seamus lived to work and worked to live. He didn't spend time on his relationships and had no hobbies as his only passion was his job. He loved what he did and it defined him. When he got recommendations and praise from his boss he was on a high. He didn't think to tend to his wheel as he was so happy in his job. Until one day he too was made redundant, and Seamus didn't have the same supports in place to help him navigate this difficult period. He found it really hard to cope and felt quite lost without the purpose of going to work every day. He managed and eventually got another job but he learnt through this experience that **he needed to create a fuller life.**

**And this is exactly what the wheel of life helps you to do.**

## Categories explained & questions to consider

**Health** – how you feel about your energy levels. Do you have energy to do the things that you want to do? How is your motivation? What is your general health like?

**Wealth** – how you feel about your finances. Do you have enough. Is there poverty consciousness? Do you need to save more or spend less?

**Family and Friends** – do you feel supported? Do you make an effort to connect with family & friends? Is there something missing in this area of your life?

**Play hobbies and fun** – what do you do to express your creative side? Do you paint, draw or have a creative hobby? Are you a member of a club or do you get out in the mountains? What do you do for fun? What makes you belly laugh?

**Significant Other / Romance** – are you happy being single or are you unhappy in your relationship? Or is everything going exactly how you want it?

**Career** – Do you like your job? Do you live to work or work to live? How is your work/life balance or do you have one?

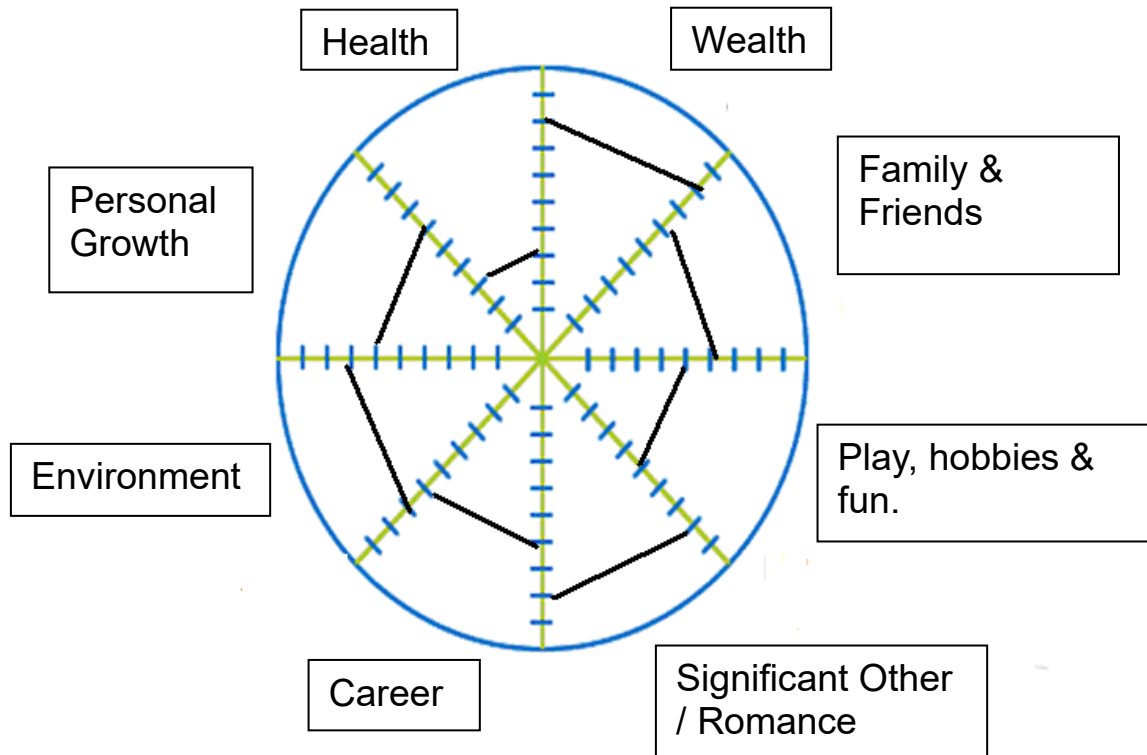
**Environment** - where you live and where you work. Your surroundings. Clutter at home, or in the office? Do you like where you live? Can you make it better?

**Personal Growth** - your relationship with yourself. How much do you like yourself?

## Instructions

Rate your life as it is at this present moment in time for every category of the wheel of life. Do this by drawing a line in each section that you feel represents where you are.

So that it may look like this:



For this person the area that scores the lowest is “health”

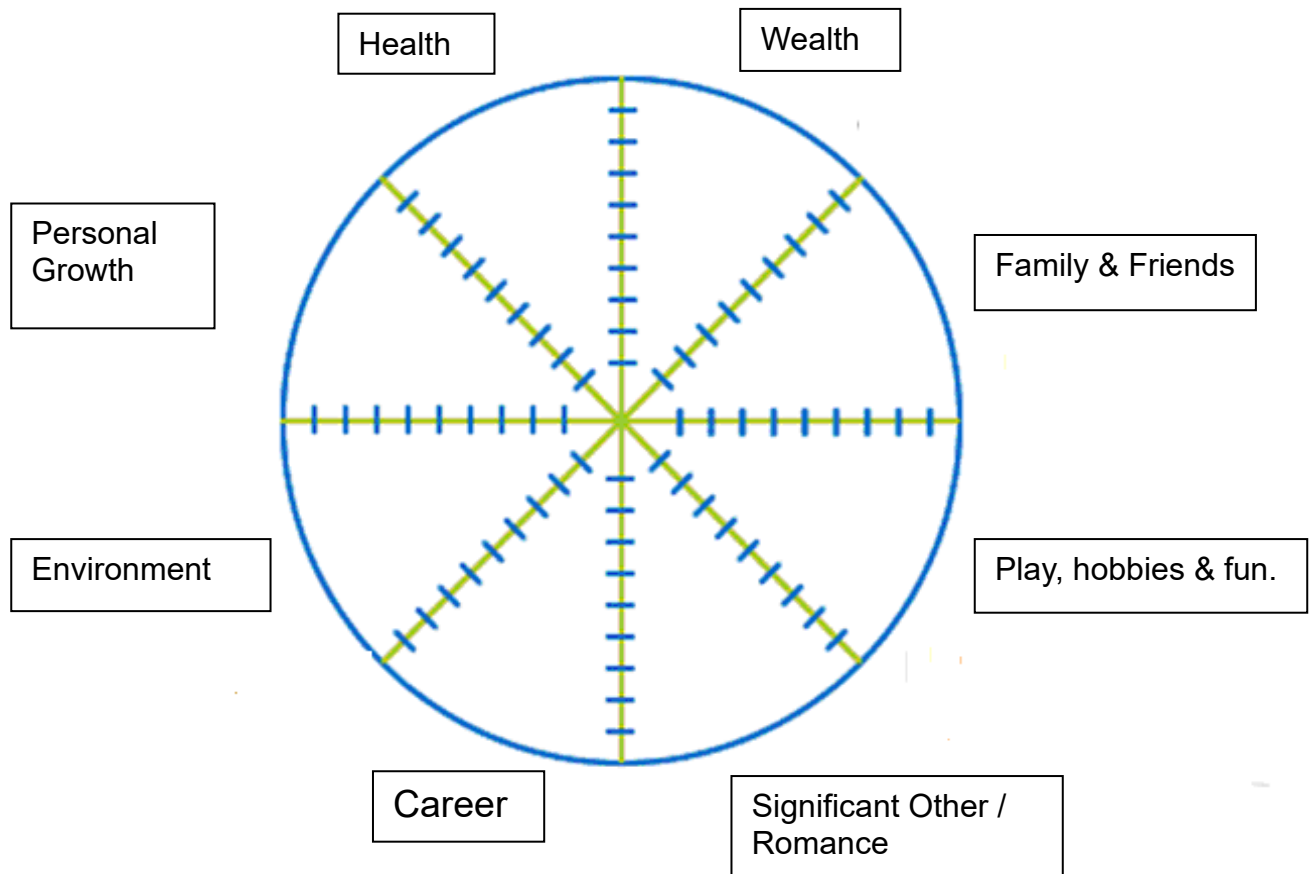
## Tips

- 1) **Be honest** - Fill it out for how you feel today. Not what you think you should be at. Of course, it may be different tomorrow or the day after, but your life is happening in the present moment so complete the wheel from your perspective and what’s happening now.
- 2) Be positive – **don’t take it personally** if you are a 2/10 in all areas – remember it’s just a snap shot of your life and everything changes! The very fact that you’re taking time to notice that it’s low in rating will immediately improve it and doesn’t that also mean that there’s lots of room for improvement!

## The Wheel of life

- 3) **The butterfly effect** – keep it simple and know that as you make an improvement in one area of your life it will automatically improve other areas.
- 4) Set SIMPLE, EASY goals that you **WANT**.
- 5) **Slow and steady** progress is much better than taking big steps

## Now fill out your Wheel of Life:



Mark each pie of the wheel out of 10, fill it in above and then write a sentence to explain how you feel about each area:

Health: \_\_\_\_\_

Wealth: \_\_\_\_\_

Family & friends: \_\_\_\_\_

Play, hobbies & fun: \_\_\_\_\_

Significant other/ romance: \_\_\_\_\_

Career: \_\_\_\_\_

Environment: \_\_\_\_\_



## The Wheel of life

Personal growth: : \_\_\_\_\_

Are you surprised at your results?

Many people think that they are doing really well in one section because they marked it as a ten, however remember everything in life is inter-related, thus if you have a 10 in one area, are you neglecting other areas of your life?

### **Balance is the key word.**

As you can imagine, every pie affects the other pies of the wheel. For example when you've a good relationship with yourself (personal growth), you've a good relationship with your friends and family, your partner, you work, etc. And conversely, when something happens in work to stress you out that can impact your relationships.

It's about making small changes in your lowest rating pie of the wheel and committing to doing them.

**Tip:** Print out the wheel and fill it out every month. It's a great way of keeping track of where you are.

For example, your health is your lowest area – then maybe you could:

- Drink more water
- Go to a yoga class
- Book a treat for yourself
- Cut out sugar or wheat
- Commit to going to the gym twice a week
- Go for a walk at lunch time.

Try to make it something that you WANT to do rather than something you feel you HAVE to do. If you don't like gyms, then go to the park or a dance class or meet a friend for a walk. I see too many people miserable in gyms, walking around looking at machines but not ever getting on them. In this case the gym might be boosting their health section but it's doing nothing for their personal growth!

The Wheel of life

Therefore, make the goals simple, easy and fun and short term, i.e. what you will do in the next week.

*“You don't have to see the whole staircase, just take the first step.”*

*Martin Luther King*

## **Chunking down:**

The pie I will work on is:

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### **What's most important to me:**

This question helps you to get clear about what it is exactly that you want to create in this area of your life:

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**What would life look like** if I were to improve this area of my life by a **score of 1 or 2** (fill out in as much detail as you can, what you would do, what it would feel like etc). This gives you the visual and the motivation to know where you are going and why you're setting these goals:

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## Step by step

Make your steps, easy, do-able and simple. Remember the fable of the hare and the tortoise? Apply the same principles here and it will get you to your goal a lot more quickly.



Steps I will commit to:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When: \_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When: \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When: \_\_\_\_\_

## Keeping it going

You now have a blank wheel and the instructions for you to use as often as you wish. My recommendation would be to fill it out monthly or bi-monthly as a way to check in. Set a reminder in your phone or print out a copy and have it on your wall as a prompt.

You could also set up a check in time with a friend as you both go through this exercise together regularly, then hold each other accountable for your goals. This is called an **accountability buddy** and works really well.

When you tend to your wheel on a regular basis you become **more resilient**, if something happens in one area of your life the other pies will help and support you through it.

And **celebrate** your success not matter how big or small, it will give you the motivation to keep going.

Thank you! So much for being a part of this workshop, I hope you enjoyed it and that the information shared will be of use to you time and again in the future,

*Ellen*

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