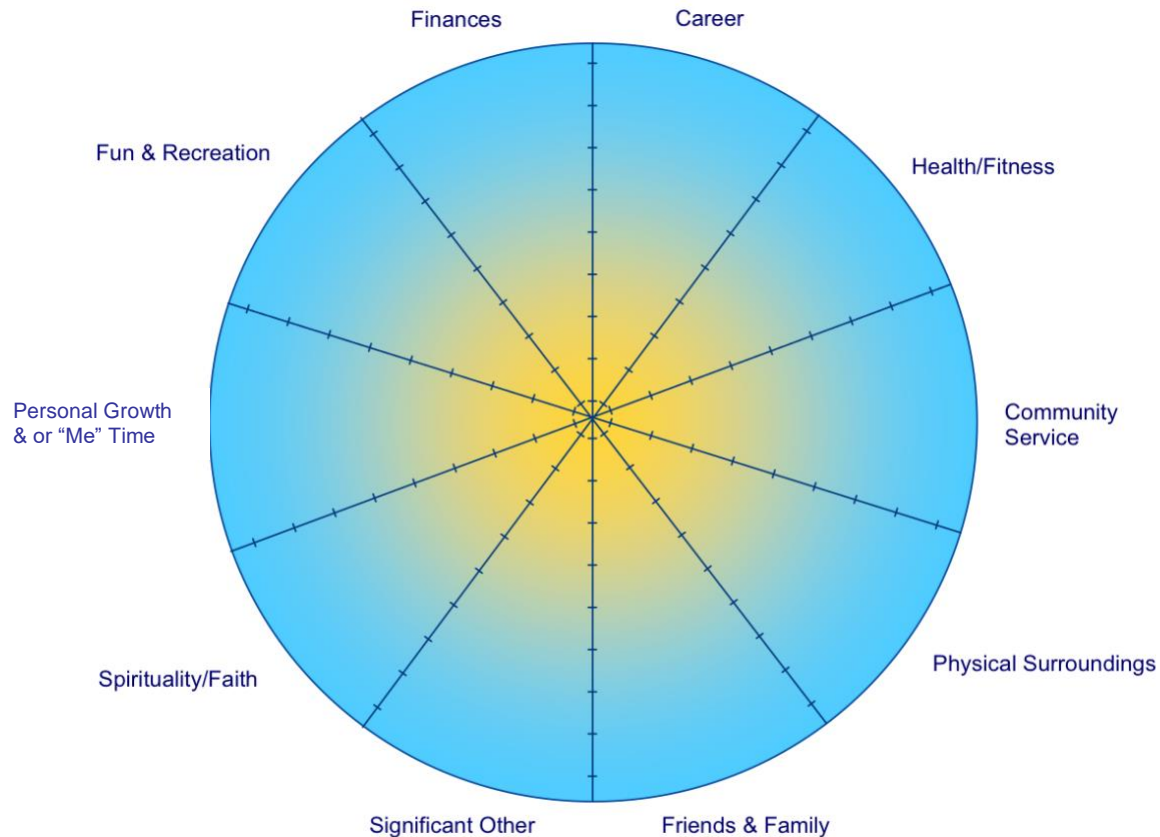


WHEEL OF LIFE EXERCISE FOR LEADERS



The ten sections of the Wheel of Life represent areas of your life.

There are *many* ways to subdivide the primary areas of life. The ten sections noted above are but one approach. If you prefer other areas in lieu of or in addition to those listed, feel free to craft a wheel that better matches your priorities. NB: In addition to looking at your life as a whole, crafting a Leadership Wheel, in which you evaluate how you are doing in the primary areas crucial to your leadership success and fulfillment can also be informative. Those areas might include, for example, strategic planning, organizational culture, teamwork, mentorship, *and/or* other criteria and categories that inform your leadership priorities and goals.

Imagine that every notch in each “pie slice” line is a single point on a 10-point scale, with 0 (in the center of the wheel) representing “very low satisfaction” with that area of your life and 10 (at the outer edge) representing “complete satisfaction.” Consider each section carefully and mark the notch that best illustrates your current level of fulfillment. Once you’ve marked all 10 sections, draw a line from one notch to the next, which will provide a baseline of how balanced your Wheel of Life looks right now.

Now, repeat this exercise by marking notches where you would like to be one year from now (mark the same notch if you’re satisfied with your current level of fulfillment). Using a colored marker, draw a line from one notch to the next to see your future vision.

Look at the areas with the greatest distance between where you are now and where you would like to be. Select *one* of those sectors and brainstorm two or three *micro*-steps you can take in the next 30-60 days to increase your current score, if only by $\frac{1}{2}$ a notch. Given how busy leaders are, *small* action steps are not only less daunting in the midst of a packed schedule, but they are also likelier to succeed. Begin small with the view that micro-steps eventually become larger changes.