Circle of Wellbeing: Roles & Levers

Our concept is based on the popular Wheel of Life resource. We see it a little differently as the roles or levers are intertwined and impact each other, rather than being independent as can be construed by some. This is a powerful coaching tool used to help you assess and consider the various dimensions of your life, providing a holistic view.

When focusing on contentment and work-life balance, it's crucial to ensure that each segment is given due consideration. Understanding the depths and interconnections of these themes can lead to a more balanced and fulfilling life. They serve as guideposts in the journey of personal growth and well-being. If you wish to change any of the themes/levers you can, however we have found the listed 10 to be quite comprehensive for most people.

1. Health: Mental, Physical, and Emotional: This theme relates to overall well-being and includes:

- **Mental Health:** Refers to cognitive and emotional well-being, where an individual can utilise their cognitive and emotional capabilities, function in society, and meet the routine demands of everyday life.
- **Physical Health:** Concerns the fitness and proper functioning of the body, which includes nutrition, exercise, and avoidance of harmful habits.
- **Emotional Health:** Deals with understanding, managing, and expressing one's emotions effectively and constructively.

2. Knowledge and Learning: The pursuit of understanding, acquiring new skills or information, and personal growth. It emphasises the importance of being a lifelong learner and the intrinsic value and contentment that comes from gaining new insights or skills.

3. Social: Relates to your relationships with the broader community and society. It encompasses friendships, networking, and broader social interactions. A healthy social aspect involves both giving and receiving social interaction, fostering a sense of belonging and understanding.

4. Financial: Concerns the management of money, which includes earning, saving, investing, and spending. Financial well-being often correlates with peace of mind, security, and the freedom to live your desired lifestyle.

5. Family: Involves relationships and interactions with immediate and extended family members. Can be a source of support, love and grounding, but also bring challenges that require understanding and communication.

6. Partner: Refers to romantic or committed relationships. This theme focuses on nurturing, understanding, and growing together with a significant other. It involves mutual respect, love, trust, and the challenges and rewards that come with sharing a life.

7. Spiritual: Relates to the search for meaning and purpose in human existence. It can encompass religious beliefs, but also includes personal morals, values, and a deeper understanding of oneself and the universe.

- **Faith-Based:** Rooted in religious beliefs and practices.
- **Inner Peace:** A state of mental and emotional calmness, with no anxiety.
- **Understanding Ourselves:** The introspective journey of self-awareness and self-acceptance.

8. Career and/or Business: Involves professional pursuits, whether as an employee or entrepreneur. It’s not just about monetary gain but also personal fulfillment, growth, and contribution to society or a particular field.

9. Giving to Others: Emphasises altruism, kindness, and contributing to the well-being of others. This can be in the form of time, resources, knowledge, or any other means that helps uplift others.

10. Giving to Ourselves: The act of self-care and ensuring your own needs and desires are met. This isn’t about selfishness but recognising that your well-being is crucial to effectively serve others and live a contented life.

Steps to Complete the Circle of Wellbeing

1. Rate Your Satisfaction:

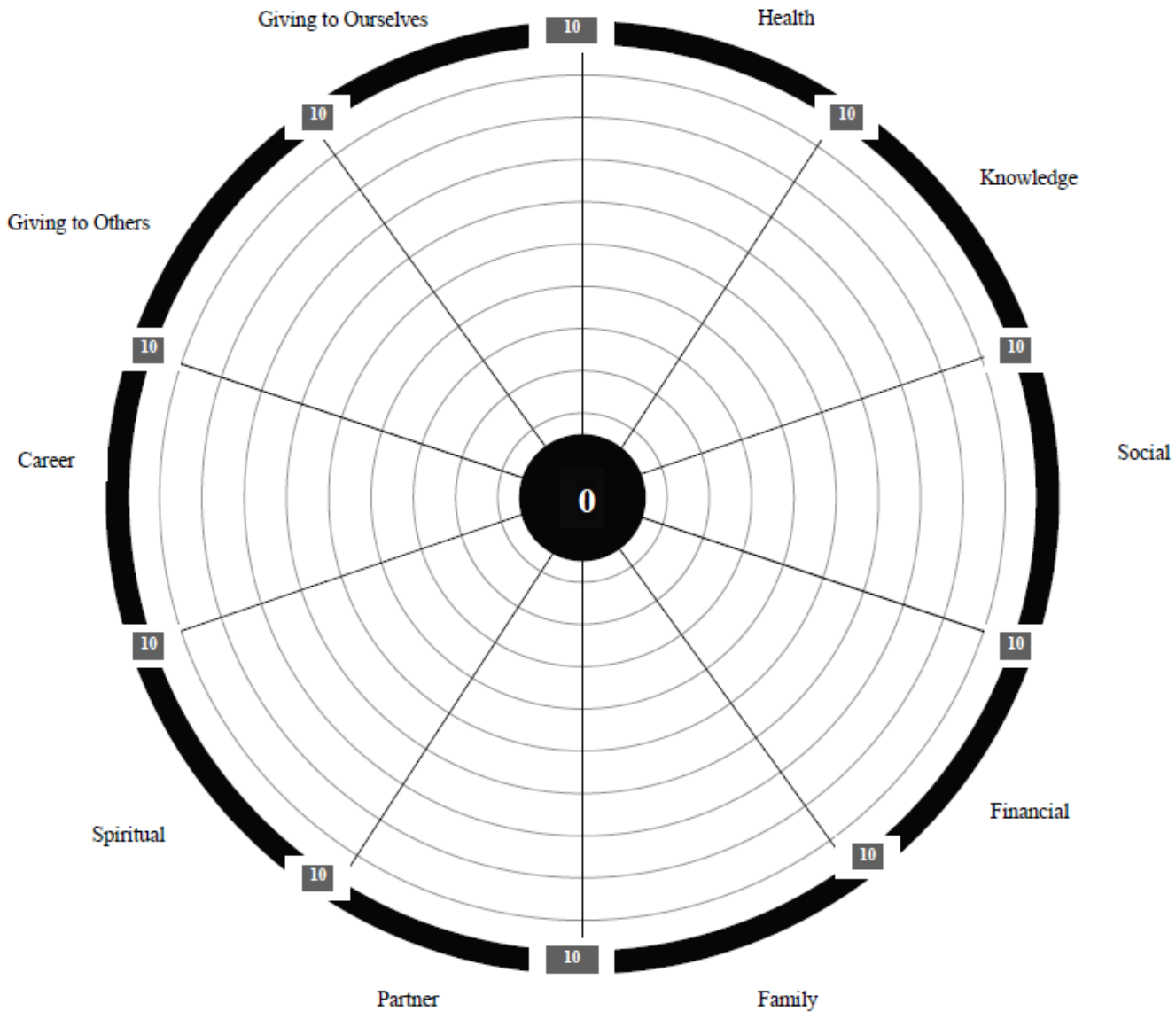
- Consider your current level of satisfaction in each life area on a scale of 1 to 10, with 1 being completely dissatisfied and 10 being completely satisfied.
- Remember, 5 is the midpoint or neutral state, where anything above or below that should reflect both your contribution to and outcomes from each theme.
- Mark a dot in each segment at the point that corresponds with your satisfaction level. The centre of the circle represents 1, and the outer edge represents 10.

2. Draw Lines to Connect the Dots:

- Connect the dots in each segment to create a new inner circle or shape. The shape formed will show you the balance (or imbalance) in your life. Remember that each theme or lever is not independent and consider the correlation between each as decisions and choices are made.

3. Reflect on the Wheel:

- A fully balanced wheel would have the shape of a perfect circle. Look at your shape and see which areas protrude and which are closer to the centre.
- Reflect on the areas where you scored lower. What changes could improve your satisfaction in those areas?



Once completed, consider the following key points and actions for each theme:

1. Health: Mental, Physical, and Emotional

- **Balance:** Health is foundational. If one isn't feeling well physically, mentally, or emotionally, it will impact other areas of life. Regular check-ins and evaluations are necessary.
- **Consider:** Exercise routines, dietary choices, counselling, meditation, and mindfulness/relaxation techniques.

2. Knowledge and Learning

- **Balance:** Lifelong learning provides personal growth and adaptability in a fast-changing world.
- **Consider:** Setting aside regular time for reading, taking courses, or attending workshops.

3. Social

- **Balance:** Social connections boost happiness and mental well-being. It's essential to have a mix of deep connections and casual acquaintances.
- **Consider:** Networking events, joining clubs or organisations, and setting regular friend/family meetups.

4. Financial

- **Balance:** Financial health and freedom play a significant role in one's overall life satisfaction.
- **Consider:** Regular financial check-ins, savings goals, investment strategies, and debt management plans.

5. Family

- **Balance:** Family, whether chosen or by blood, forms our core support system.
- **Consider:** Quality time with family, addressing unresolved conflicts, and ensuring open communication.

6. Partner

- **Balance:** Romantic relationships require nurturing and mutual growth.
- **Consider:** Regular date nights, open dialogues about needs and boundaries, and shared experiences to build connection.

7. Spiritual

- **Balance:** Spirituality, regardless of religious belief, provides a deeper sense of meaning and purpose.
- **Consider:** Meditation, prayer, self-reflection, values understanding, or reading enriching literature.

8. Career and/or Business

- **Balance:** Career satisfaction directly impacts overall contentment. It's not just about financial earnings but also about personal fulfillment.
- **Consider:** Regular check-ins, seeking mentorship, and ensuring alignment with personal values and goals.

9. Giving to Others

- **Balance:** Altruism can provide a sense of purpose and connection.
- **Consider:** Volunteering, mentorship opportunities, or simply helping neighbours and friends.

10. Giving to Ourselves

- **Balance:** Self-care and self-love are paramount. We cannot pour from an empty cup.
- **Consider:** Setting aside me-time, pursuing hobbies, and ensuring you meet emotional and mental needs.

Action Steps for the Wheel of Life Exercise:

1. **Set Goals:** For segments that score lower, set specific, measurable, achievable, relevant, and time-bound (SMART) goals.
2. **Review Regularly:** The Wheel of Life isn't static. As you grow and change, your ratings and priorities might shift, which should impact your prioritisation, decision-making and 'tweaking' of your levers.

Remember, the objective isn't to score a perfect 10 in every area but to find a harmonious balance that resonates with your personal values and aspirations. Achieving >5/10 across all areas at any given time often feels like a satisfactory place to be.