

1:1 Sessions with Leigh Hopkins

The Wheel of Life

One of the most important aspects of Soul Mapping is unraveling the knots and looking for patterns. **The Wheel of Life** is a wonderful tool from the Fundamental Course of the Coaches Training Institute. It will help you to reveal your starting point as you begin this journey. We will be referring to and returning to this wheel throughout this class. The Wheel of Life is a map that you can make once or twice a year—more often if there's something specific that you're hoping to untangle. It's a great way to "take the temperature" of the here and now, and it can be very revealing when you return to your wheel 6 months, 2 years, or 10 years later.

Directions

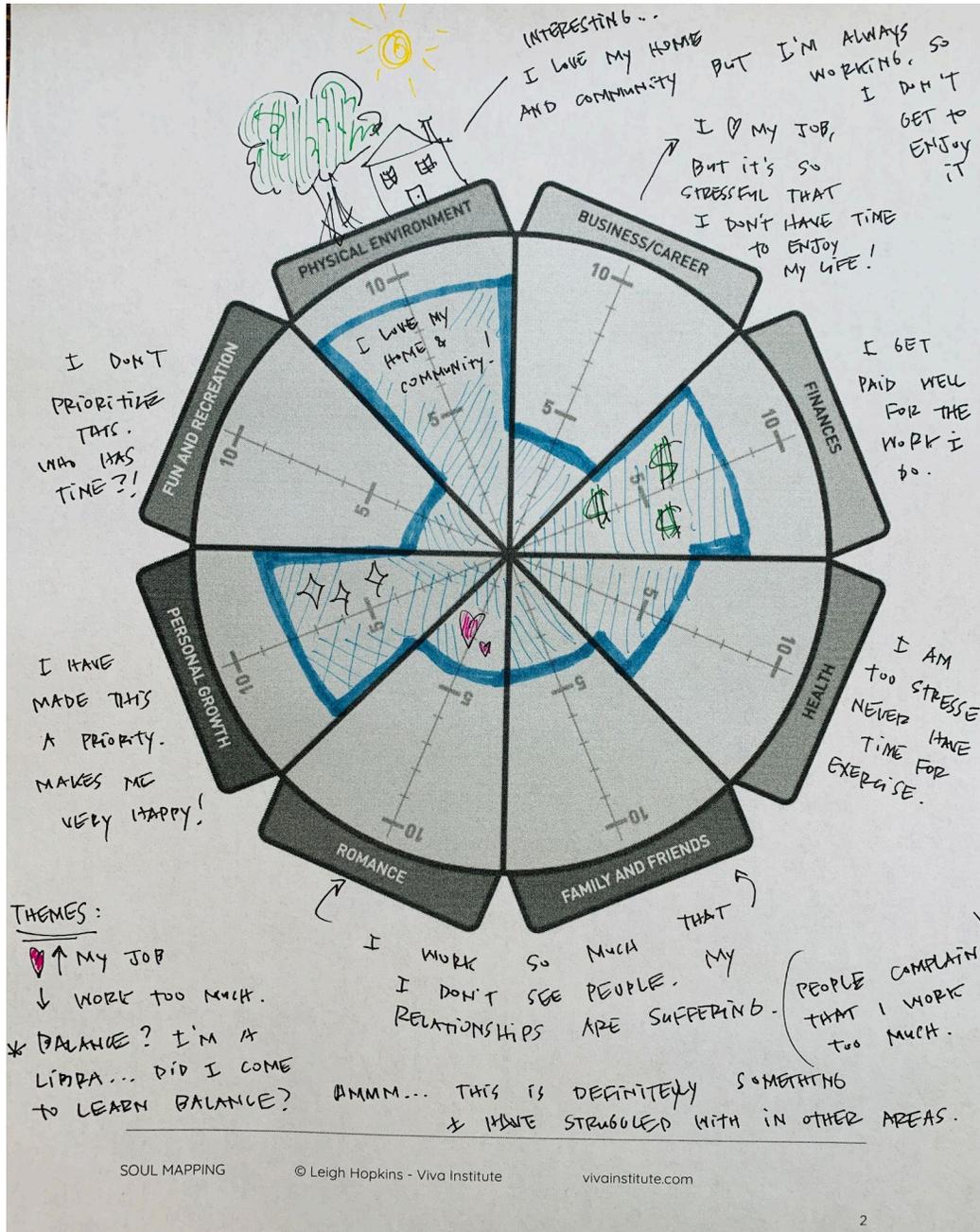
Estimated time: 20 minutes

Begin by taking a look at the sample copy of Wheel of Life on the next page. Notice that each section on this wheel represents eight different aspects of your life. This tool encourages people to use a simple ranking system as a way to capture a moment in time for eight major aspects of their lives.

The center of the wheel is a 1 and the outer edge is a 10. When you are ready, rank your level of satisfaction with each area of your life by drawing a straight or curved line to create a new outer edge of the wheel. You might find it helpful to take notes in your journal before ranking. Feel free to decorate your wheel with observations, doodles, color, or whatever you like. The new perimeter represents the wheel of your life.

If this were a real wheel, how smooth or bumpy would your ride be? Do you notice any themes? How does the appearance of your wheel compare to the way the ride feels in your life today? Make notes about this in your journal, or on the map itself.

The Wheel of Life – SAMPLE



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