

Wheel Of Love

Wheel of Life although ours is called Wheel Of Love

The original idea behind the Wheel of Life came from industry pioneer Paul J. Meyer in the 1960s to help people realize their goals.

While the wheel today has many different forms and names, including the Life Balance Wheel, Coaching Wheel, and the Wheel of Success, they share a common purpose: transformation.

The Wheel of Life exercise is widely used in coaching and beyond and offers a practical and flexible tool for you to assess your needs and set goals aligned with your core values.

Its beauty is its simplicity.

The wheel typically consists of between eight and ten categories essential for a fulfilling wonderful love life.

Segment within the Wheel Of Love include:

- Relationship
- In Love
- Intimacy
- Arguments
- Fun
- Trust
- Communication
- Listening
- Finances
- Growth

A score is placed in each segment to reflect the current level of satisfaction using a spider web style.

Using the diagram below, place a dot next to the number of the appropriate dimension and then connect up the dots to make shape. The Wheel of Love provides a snapshot of your relationship and the level of satisfaction in your current circumstances.

At a high level, the exercise provides insight into whether or not your relationship is in balance. From a more detailed perspective, it captures whether individual areas of your relationship are either meeting your needs and making you happy or leaving you dissatisfied and discontented.

By scoring each category, you identify areas that need support and improvement to reach individual and overall romantic goals.

The process of writing down, reviewing, and agreeing upon ratings not only provides input to the goal-setting process, but also offers insights into areas of your relationship which are causing you difficulty.

Once completed, look at the outside of the wheel, discuss its overall shape, and consider the total relationship balance.

Now I would like you to answer these following questions on your relationship satisfaction based on what you have written down on your wheel:

- When you look at the shape of the wheel, how do you feel?
- How would you like to change the shape of the inner wheel?
- What surprises you the most?
- What would a score of ten look and feel like?
- Which category would you most like to improve?
- What category would you most like to start with?
- At present, how do you spend time in each area?
- What do you need to improve the score in each area?
- What small steps would have the most significant impact on your satisfaction?
- Could a single action improve more than one area?

Lets hop on a call and discuss this further and we will also go through these in more detail within the calls we schedule each week.

Wheel Of Love Activity

