

STEER YOUR LIFE

A tool to help
you choose the
next right
direction



In With the New

Coaching with Annie Brown

Steer Your Life

The Wheel of Life Exercise

Sometimes life feels busy, full and productive. You are on top of the world and have achieved so much.

But something still feels slightly off and you can't put your finger on it.

You ask yourself questions:

- Why am I not satisfied?
- Is this really what I want from life?
- Why do I feel so out of control?
- What's next?

The Wheel of Life is a powerful but simple tool that helps you take a step back and look at your life as a whole.

Think of it like the wheel of your car. If it's flat or out of balance, it wears the tyre down unevenly, uses more petrol and is more likely to blow out. All in all, a rougher ride.

This exercise will help you to see clearly where you are now, which aspects may be out of balance - and which areas you need to focus on to bring it back into balance.

Then you will have a clearer understanding of which direction you might want to steer your next life adventure.



Rate Each Area of Your Life

Look at each area on the Wheel of Life and give it a score from 1 to 10.

1 = very unsatisfied to 10 = completely satisfied

Try to answer honestly -but there are no right or wrong answers.
It's really just gauging how you're feeling right now.

The areas of life to think about:

1. Relationships -this includes family and friends, not just romantic relationships.
2. Home Environment - physical living situation, but also how you feel when you walk through the door
3. Finances - well off, comfortable or contemplating a heist?
4. Personal Growth - how much time and effort are you investing in nurturing yourself, emotional healing and growing
5. Purpose and Meaning - do you have a great reason to get out of bed each day that keeps you going when you hit a speed bump
6. Career - how great is where you spend at least 8 hours a day
7. Health and Energy -not just weight on your body or lifting at the gym, but how much energy do you have left at the end of the day.
8. Fun and Adventure -yes, there is a thing called fun.

Write your scores for each area on the wheel - or colour them in or paint them or draw a circle and join the dots, however you want to visually represent them.



Steer Your Life

Starting Point - Where Am I Now?

Look at each area of your life. Colour it in, paint it or draw a heart at the level you feel you're at now. What shape is your wheel? Which areas are you happily heading in the right direction? Which are lagging behind? Which are draining all your energy?



Reflect on What You See

Take a moment to look at your wheel. Take your time, there's no rush.

Remember, the purpose of this exercise is not to stand in judgement over your life - it's to understand it better. There's no right or wrong.

It's also not meant to measure the amount of time you spend on each area.

Instead it is meant to measure how satisfied and at peace you feel with each area of your life.

What shape is your wheel - relatively even, or way out of alignment?

Ask yourself:

- Which areas do I feel strong and fulfilled?
- Which areas need more attention?
- Which areas are out of balance and draining me?
- Which area/s do I most need to improve over the next year?
- Is there one area where an improvement would create a big positive impact in my life?



Choose Your Direction

Imagine your life as a roadtrip with no deadlines.

You are in the driver's seat.

You get to choose the direction.

Maybe you have a destination in mind, maybe you don't.

With your Wheel of Life in mind, ask yourself:

- Where is my wheel out of balance?
- What is one small step I can take to improve one area of my life?
- What would I like less of?
- What would I love more of?
- What would make my next chapter more exciting?

You don't need to change everything overnight.

Like a steering wheel, sometimes the smallest shift in direction leads to the most meaningful and enjoyable journey.



Final Thoughts

You aren't stuck.

You are simply at a crossroads where it's time to check in with yourself, explore a new map and set your GPS in a different direction.

Clarity is the first step toward change.

And your next chapter can still be full of purpose, joy and adventure



If you enjoyed this exercise, you may also love exploring a little deeper with me. Using my **Roadtrip Life** method, we create a clear vision and design the next chapter of your life with intention, excitement and a fresh direction.

And we can also have some fun along the way because life isn't meant to be endured.

It's meant to be lived.

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