

How the wheel works

Each spoke on the wheel is a measuring stick for plotting where you feel you are now.

- Rate yourself on a scale of 0%-100% (the centre circle is 0% and the outer circle is 100%) on each dimension of success.
- Mark your rating on each spoke.
- Join the marks.

This audit gives you a “snapshot” of your current reality. If the spokes on any wheel are irregular compared to the others, the ride is going to be very uncomfortable and even painful. To be out of balance is to be at odds with oneself and the others who share your life with you. Consider how satisfied you are with the different dimensions of success. This assessment will help you set priorities for change and development.

How do you rate yourself?

