



**work
@ble**

"Digital job coaching for disadvantaged people"

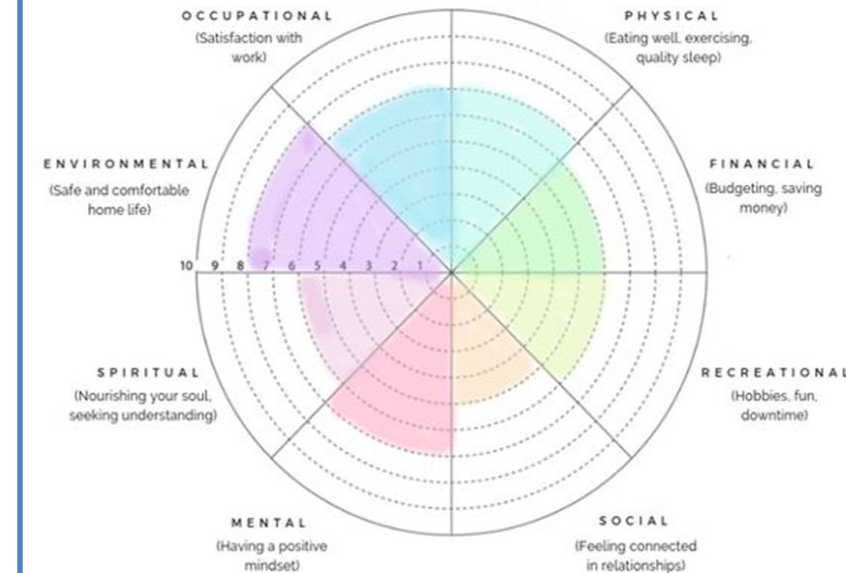
The Wheel of Life

Objective: The goal of the wheel of life is **to make sure that the wheel (our life) is balanced.**

Description

This Wheel of Life is something Astangu uses regularly on our supported employment model techniques. Not only does the wheel help clients quickly assess their current levels of life balance, it can also be used to clarify priorities for goal-setting.

We adapted this from cARE methodology. Client will assess every part of their life and choose a number from 1-10 to describe how good that part of their life currently is. They will put the number on the wheel. We will show you an example to illustrate how it will look after completed. This can really illustrate what lacks in the quality of life and open a deeper conversation on the subject.



You can also go further and assess current situation and compare it to ambitions and wishes to help understand how each life category can be evolved for the better.

<u>Current situation</u>	<u>Ambitions and wishes in this category</u>
Physical enviroment	
Career/work	
Financial security/money	
Health/wellbeing	
Family/friends	
Relationship/romance	
Personal growth	
Fun/recreation	



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