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## The Wheel of Life

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Beginning any form of inner work and self-improvement can be confusing. Especially when you don't know where to begin.

A great tool to begin exploring your options is the 'Wheel of Life'. It's a simple, yet effective tool that will show you areas within your lifestyle that requires a little more care and attention. You'll notice two attached example templates (depending on visual preference) at the end but it can be as big or small as you like, depending on the areas you feel need a little more improvement.

The process for completing your own wheel of life is as follows:

1. Subject (Inner most circle)
  - a. Here is where you choose your awareness subjects. This can be anything you like. It all depends on your desired areas for self-improvement. If you're not sure where to begin, you can start with much broader subjects such as:
    - i. Physical Health
    - ii. Mental Health
    - iii. Career
    - iv. Finances
    - v. Relationships
    - vi. Family
2. What does your perfect 10 look like? (Second inner most circle)
  - a. Here, you look at each subject and in as much detail as possible describe what your most perfect, joyful outcome is. Or, to better name it, what does your 10 out of 10 look like?
    - i. Ultimately, the goal of step 2 is for you to feel, see, or hear what the best version of yourself is being, doing, feeling etc.
3. What's your current score? (Third inner most circle)

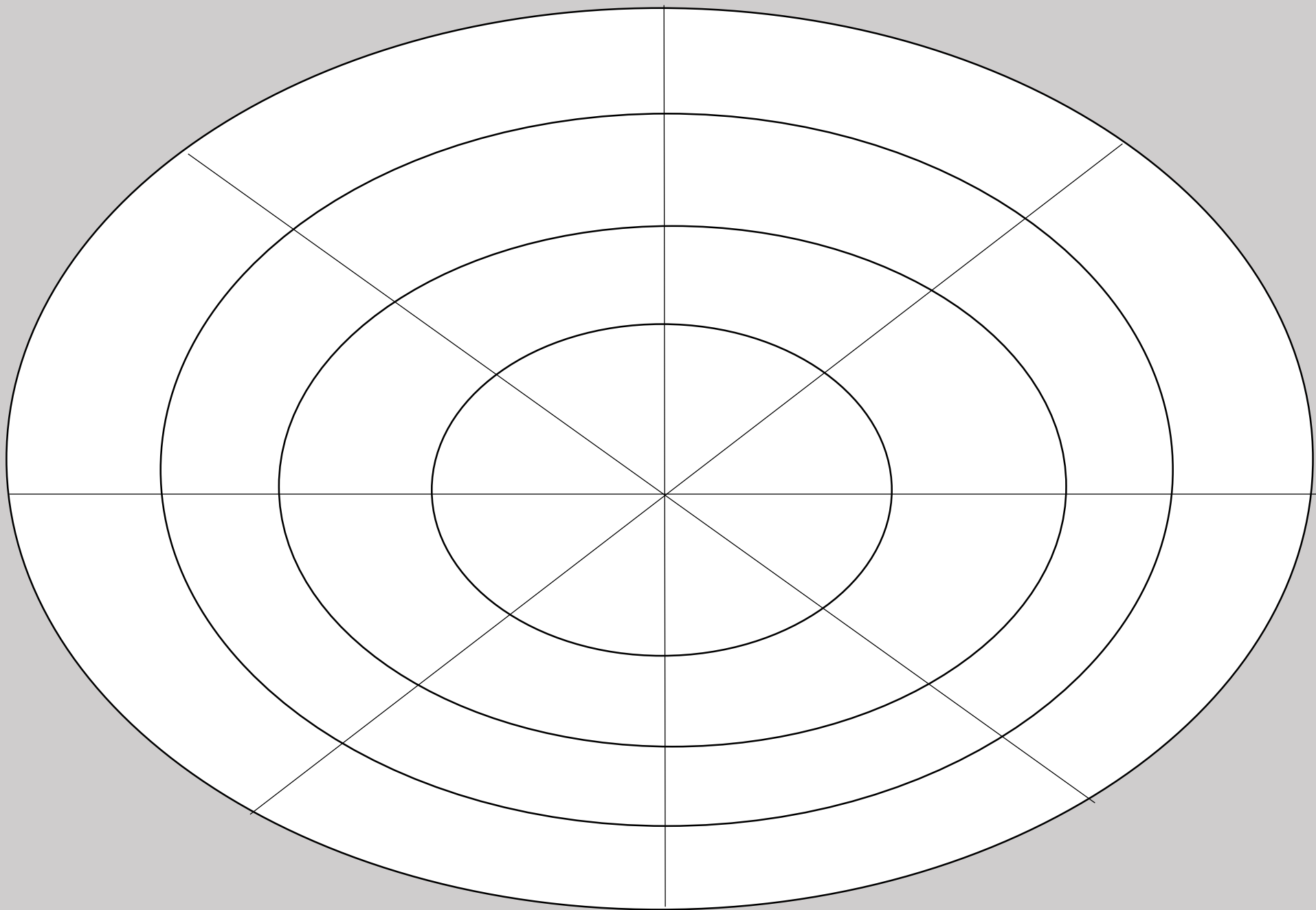
- a. Here, you take your perfect 10 out of 10 (from step 2) and compare it to where you are now, giving your present self a score out of 10. Now, this may feel uncomfortable, because we're briefly taking you away from your perfect vision to your current reality, which may not feel at its optimum. What we're doing here is bringing truthful awareness to how great things actually are, or areas where perhaps a little more work is needed.
  - b. Be honest here. If a part of your life is feeling amazing then score it a 10, don't second guess or try bring any 'lack' energy into consideration.
  - c. However, if you feel like you're half way to achieving your perfect vision, then score a 5, and so on.
4. What are your next steps? (Outer circle)
- a. Here is where the real change starts to begin. After you've noted your current score it's time to reflect and look at what actions you can do that will take your chosen subject area one step close to your perfect 10.
    - i. For this to really work you'll need to be detailed with your scoring system. For example, if you scored yourself a 5 out of 10, then what is it that needs to happen for you to feel at a 6, then a 7 and so on till you reach your perfect 10.
  - b. Questions to ask yourself are:
    - i. Where am I now?
    - ii. What do I want more of?
    - iii. What do I feel is missing?
    - iv. What steps can I take next?

Congratulations! You've just completed your wheel of life. I'm hoping now you've been able to discover what areas of your life need a little more attention. This is often a great tool that will present you with a starting point to improving aspects of your lifestyle. It's also a great tool to remind yourself exactly how great aspects of your life are going too. It doesn't have to be a tool that highlights all the doom and gloom going on.

At the start, I provided some simple broad areas to get started with. The beauty of this tool is you can go as deep as you like. Let's take mental health as an example. From here you can easily break it down into further areas:

- Mental Fitness
- Confidence
- Mindset
- Joy
- Peace
- Self-love

Then, you simply follow the same 4 step process. After which, you can break each of those smaller subjects down further. The idea is to gain an understanding of where you are and then start taking small action steps to get you closer to that ultimate 10 out of 10.



Step 1	Step 2	Step 3	Step 4