

Where am I now

The LifeSkills wheel is a simple but powerful tool that gives you a snapshot of how satisfied and confident you are with areas of your life relating to money and employability.

By considering how satisfied and confident you are with these areas now, you'll have an opportunity to reflect where you'd like to be in the future. Completing this will identify where you're comfortable and what might need more attention.

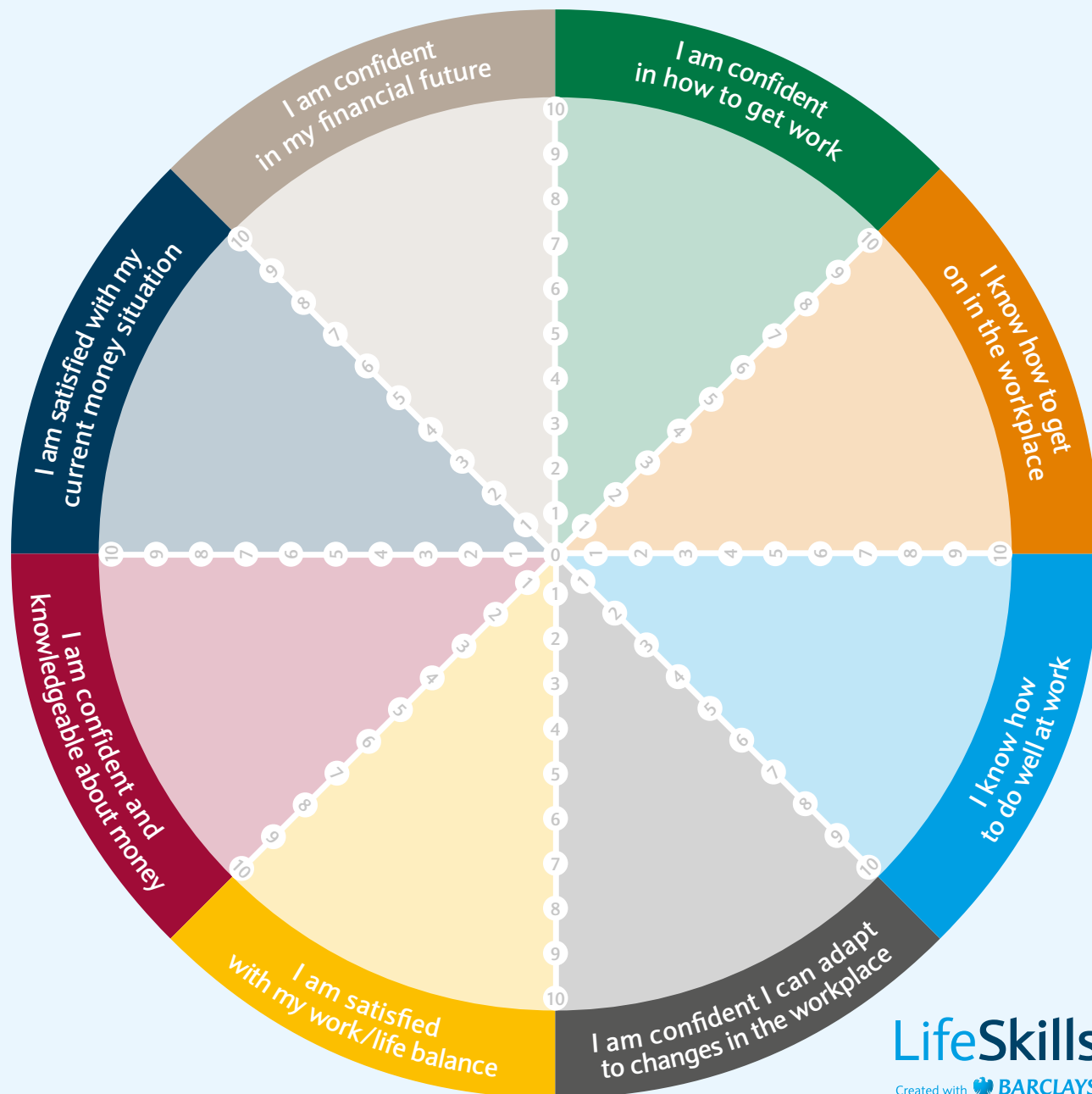
Completing it step-by-step

The LifeSkills wheel has eight segments. The numbers on the wheel represent a scale of how satisfied/confident you feel in relation to these segments, 0 being 'extremely dissatisfied/unconfident' and 10 being 'fully satisfied/confident'.

1. Read each segment statement
2. Rate how satisfied/confident you are in that area **now**, by drawing a line across the segment at the appropriate number
3. Reflect on the ratings you have drawn for a few moments
4. Look at which segments you have rated the lowest in satisfaction/confidence. If you could increase the rating of one of these, which would have the most positive impact on your life now?

Top tips

- Don't rush – there is no pressure to complete it quickly. Do it at your own pace
- Be yourself – try to rate honestly, even if you don't like the result
- Complete it all – where possible. Don't leave any segments without a rating



LifeSkills

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Enhance your thinking

Consider the wheel as a whole and write down your reflections in the spaces below.

1. Are there any surprises for you?

2. What thoughts occur to you as you look at your wheel?

When you have chosen the area you most want to improve, imagine your ideal:

3. What would it look and feel like?

4. What would change in your life?

5. How would it make you feel?

6. What impact would it have?

More about you

To prepare for the goal-setting and action-planning activities please consider these questions.

1. What are you really good at (skills, attitude, personality traits)?

2. In the areas where you are most satisfied, what did you do to achieve that?

3. How can you apply that to the areas you want to improve?

4. What strengths do you have in the area you want to work on?

5. What specific things have you done well in this area before?

6. What actions, activities or habits would you like to start doing?

7. What actions, activities or habits would you like to stop or change?