

Wheel Of Hope

The wheel of hope is a simple tool that allows you to visualise all the important areas of your life at once. In doing so, the wheel helps you to identify which areas you are succeeding in and which need more work.



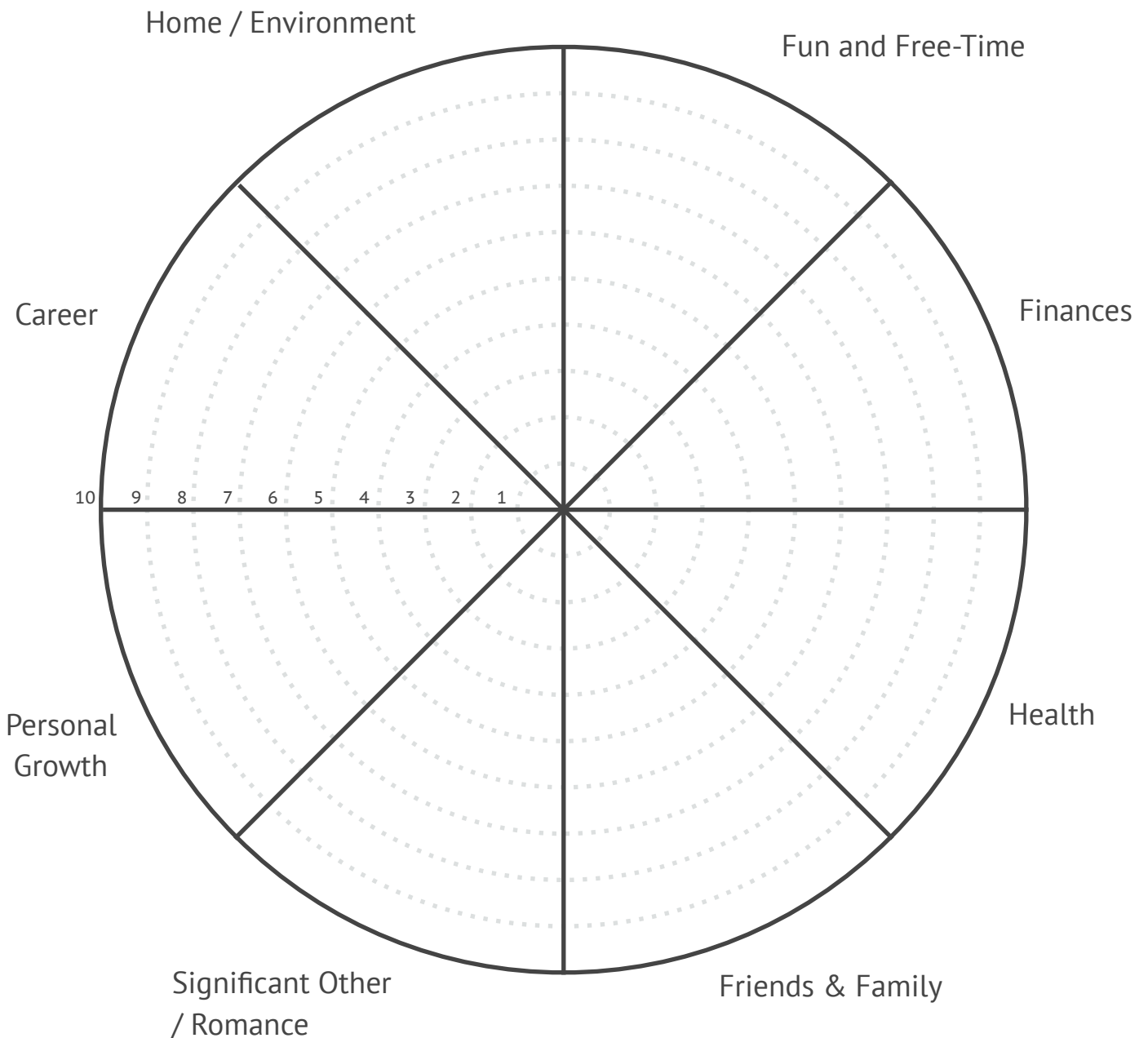
Hope



15 Minutes



Starter



Life Area	I Want To Achieve	Next Steps
<i>Friends & Family</i>	<i>See my parents more often and improve our relationship</i>	<i>I will call Mum today and ask her when I can come around and visit</i>

Full Instructions

1. Re-label the wedges if needed so that all the important areas of your life are represented.
2. Assign each wedge a score from 1-10 that reflects how hopeful you are about your goals in that area:
(1 = not hopeful at all, 10 = extremely hopeful)
3. Fill in each wedge so that the size of the wedge is representative of the score you have given it.
4. Once you have filled in all of the wedges, take a look at the wheel as a whole and take some time to reflect:
 - Are there any big discrepancies between areas?
 - Why do you think this is?
 - How would you feel if those low scoring areas were to improve?
 - What can you do to improve them?
5. Choose **one area** to focus on first and use the table to write down what you would like to achieve in that area in the long-term.
6. Then, write down one (or more) specific steps you will take in the next week in order to move closer to that goal and **act on them.**
7. Repeat for each of the areas you would like to improve and monitor your progress by revisiting your wheel at the end of the month to see how it has changed.