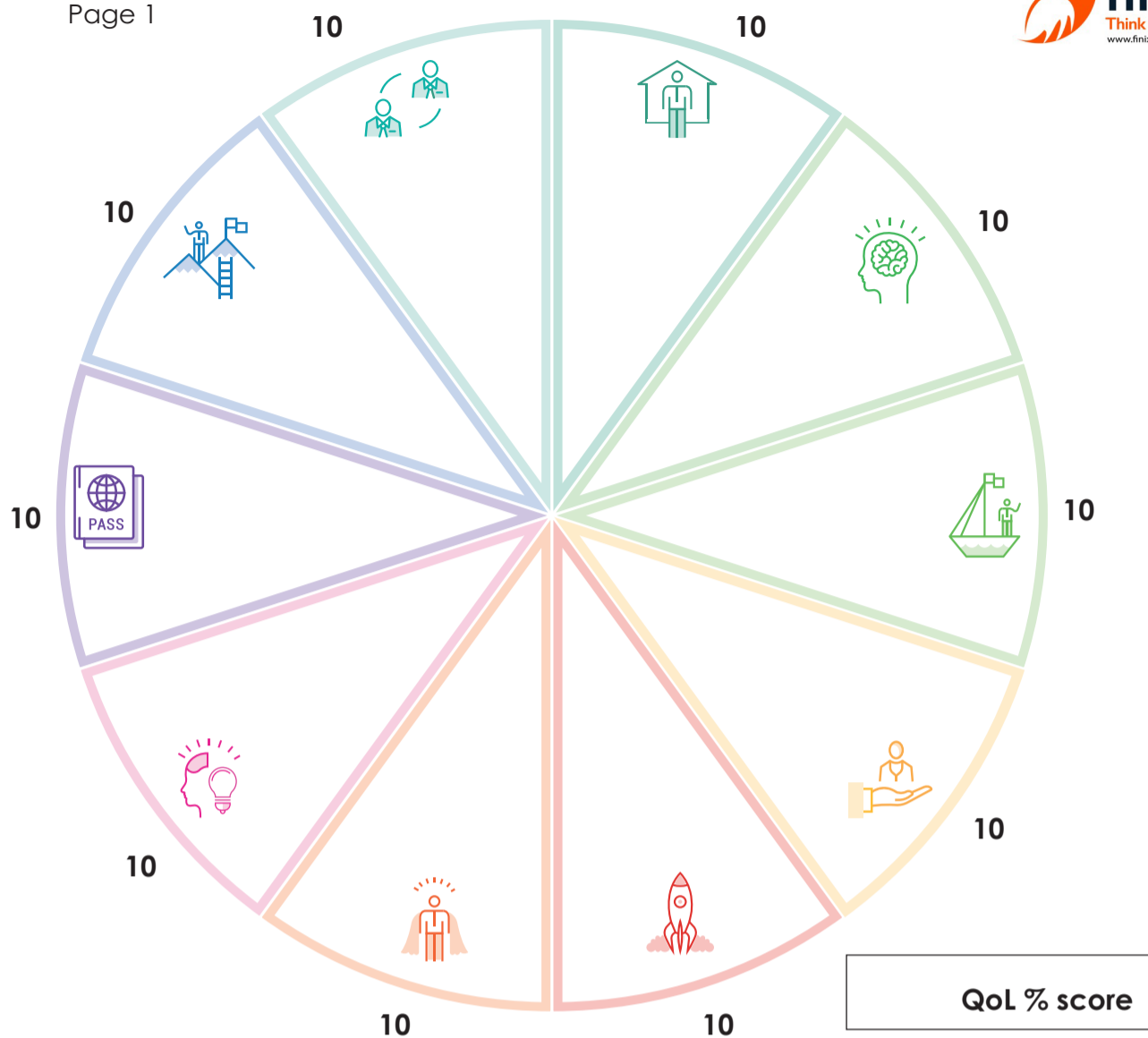


Life Wheel (v.2) - In practice



Print out the 'Life Wheel' - keep it relevant and updated.

Page 1



1

THE TEN DOMAINS

Each domain represents a different area of a person's life.

The wheel simply works by looking at each domain with the person, and where appropriate their friends, families, and other professionals, and assigning a value from 0 to 10, in each area. A lower score in any area, would indicate a poorer quality of life in that area, a higher score in an area would indicate a greater quality of life in that area.

Write the score for each domain in its relevant scoring box, and then add up the total of all domains and put the total into the % box in the bottom corner, which will give the overall quality of life for the person as a % score.

2

OVERALL SCORING

Any score of 75% or above generally indicates a good overall quality of life.
 Any score of 50% - 74% generally indicates some overall quality of life.
 Any score of 49% or below generally indicates a poor quality of life.

3

PAGE 2 - DOMAIN BOXES

In the oblong boxes, under each heading, spend some time with the person focusing on "What is good?" and write these down.

Then spend time with the person focusing on "What needs focus?", and putting down some initial thoughts about what could be done to improve the quality of life in this domain.

4

BARRIERS

In the "Key Opportunities Across Domains" box, spend time writing down any common areas of focus from the domains above, that span more than one domain.

In the "Barriers To Opportunities" box, write down known barriers, issues or excuses, you anticipate for not following through on the areas of focus.

In the "Barriers De-constructed" box, this is where you write down the answers to the barriers that you anticipate will come.

It is also extremely effective for the person to link the "deconstructions" back to any "aspirations" they have listed, as purpose will help the person drive their pursuit of their goals. For example, if the person has an aspiration to move in to their own home, and a key opportunity for them is to hold down a regular job with income, and they have a barrier of not wanting to get up early in the morning, then a deconstruction could be "to go to bed earlier, watch any programmes after work, and this will help you towards moving on towards being more independent in future in your own home."



Aspirations



Relationships



Environment



Personal wellbeing



Freedom



Safety and support



Momentum



Positive risk and experiences



Creativity and choice



Skills, education and work

Page 2

Aspirations

Relationships

Environment

Personal well-being

Key opportunities across domains

Barriers to opportunities domains

Barriers de-constructed