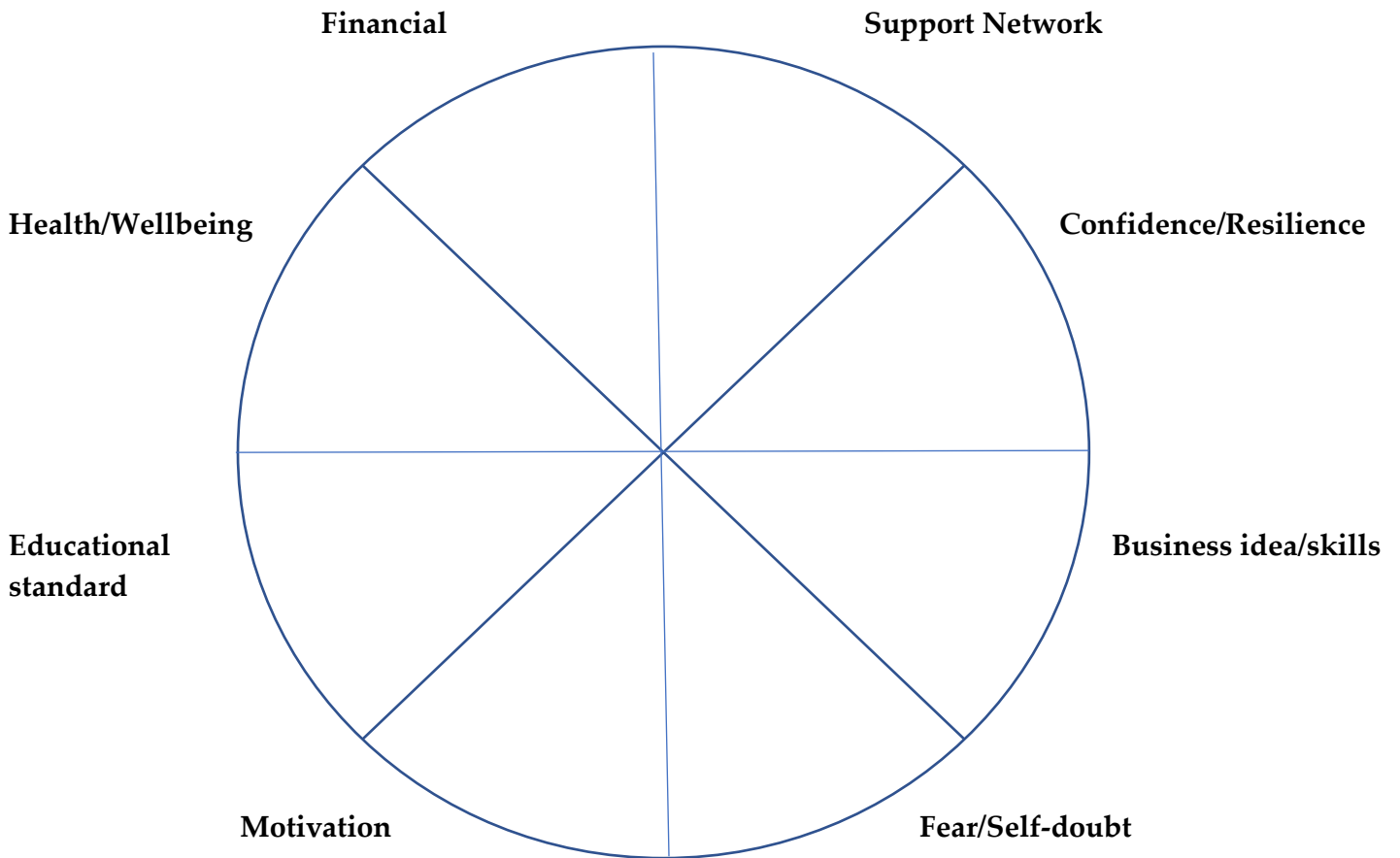
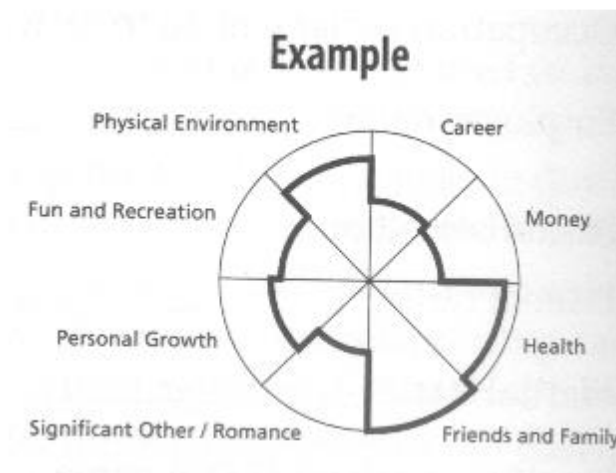


# Wheel of Life

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Directions:** The eight sections in the wheel of Life represent possible barriers to starting a business. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle gives you a visual idea of possible rough spots in your wheel of life. It's good to arrow down to three areas where you'll focus your energy.



## **Descriptions for each area of the Wheel of Life**

What's a level 10? That's different for everyone. Avoid the ego comparing to others or thinking you'll only be at a 10 when you're king of the planet and every human loves you. A ten is simply short hand for "I love it and I'm happy too if it increases."

Here's a rough guide to what each area could mean:

### **Financial:**

- What's your current financial position?
- Do you have enough income to put food on the table and pay your bills?
- What about affording the luxuries?
- In a business sense, do you have sufficient funds to start a business?
- Do you know where and how to access business funding?

### **Support network:**

- Who in your network can support you in starting a business?
- Have you run a business previously?
- Who do you personally know that has run a business?
- How much help is available to you?
- Do you have close positive friends who cheer you on?
- Are you adding new friends and colleagues regularly?
- Are you stretching the kinds of people you meet to expand yourself?

### **Health/Well-being:**

- What health issues may be holding you back from starting a business?
- How do you cope with stressful situations?

### **Confidence/Resilience:**

- How confident are you?
- How comfortable are you meeting people for the first time?
- How comfortable are you talking to people you have never met before?
- How confident are you talking to groups of people?
- How easy do you find being able to 'bounce back after suffering a set-back?
- What happens if you don't get it right first time?

### **Educational standard:**

- What educational set-backs (if any) have you suffered?
- To what standard are your written language and numerical skills?
- What may be holding you back (e.g. dyslexia)?

### **Business idea/Business skills:**

- Do you have a business idea already?
- How advanced are you in developing your idea?
- Do you have a hobby or skill that you can turn into a business?
- Have you identified a market for your idea?
- What about your customers and competitors – have you thought about who they are and where they are?
- Have you run a business before or done any relevant courses?

- Have you thought about how you will manage your business and how you will manage your business finances?

**Motivation:**

- How motivated are you to starting a business?
- What factors may be holding you back?
- How much time and effort do you feel now that you can put towards starting your business?
- What gets you up in a morning?

**Fear/Self-doubt:**

- It's the fear that stems from uncertainty that means only a fraction of the people who have the entrepreneurial ambition to start-up their own business ever see their plans come to fruition.
- What factors are holding you back?