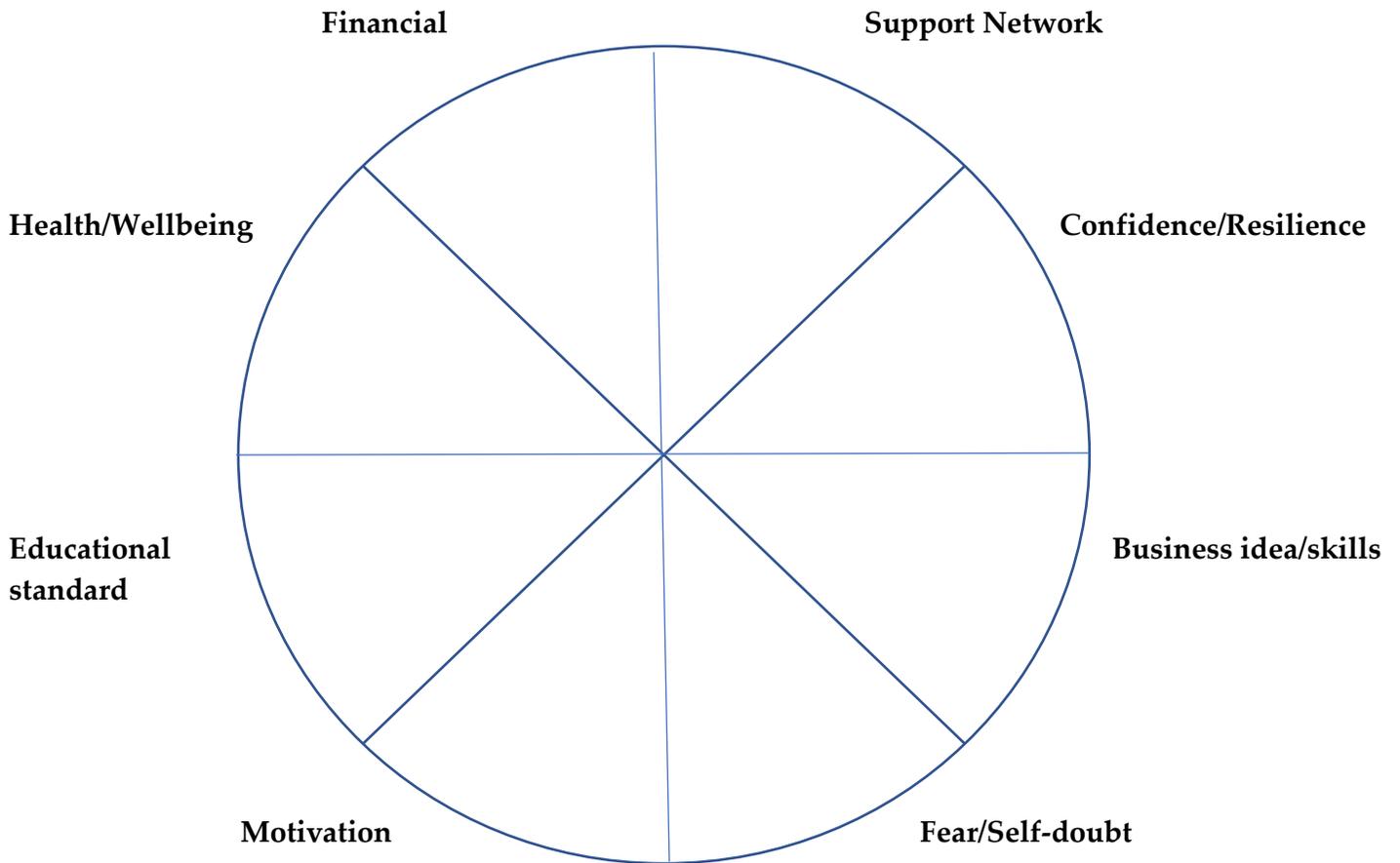
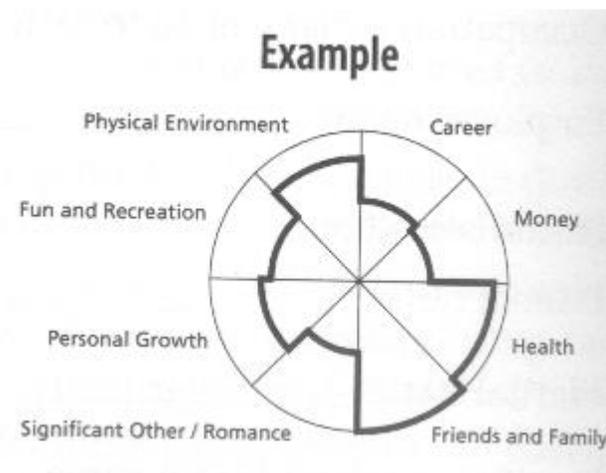


Wheel of Life

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?