

# THE TRACTOR WHEEL OF LIFE

- a quick way to check the pulse of your business



YOUR NAME: \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_

## COMPLETE THE WHEEL:

1. Think about the spokes of the tractor wheel and the subject each spoke relates to.
2. Think about your everyday life at the current time for each of these subjects.
3. Score yourself on how satisfied you are with each subject. 0 at the centre of the wheel represents the need to work on that subject while 10 on the outer edge indicates that you are highly satisfied in that area of your life. It is important that you record the first number that comes to mind, not the score you think you should have.
4. When you have a score on each spoke draw a line from score to score to create a 'wheel' shape.
5. How well will your wheel turn?

If you are happy in your day to day life and confident about the future then the shape of your wheel should be large and smooth. A smaller, bumpier wheel would reflect that you may be feeling stressed and unhappy with the lowest scoring spokes highlighting what is causing you the most stress.

