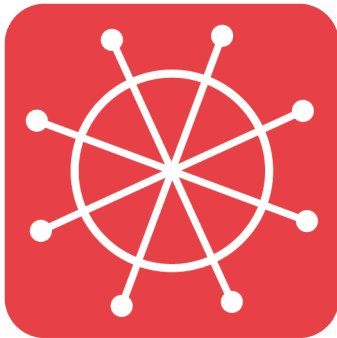




Technical sheet for mentors



4. THE WHEEL OF LIFE SATISFACTION

| Mentorvention Phase | Dimension | Duration (mins) | Number of participants (min/max) |
|--|---|-----------------|----------------------------------|
| Mentorvention circles | Self-awareness | 30 | 2-5 |
| Learning-2-Learn dimension elements | <ul style="list-style-type: none"> - Understanding own motivations - Locating own interests - Evaluating own aspirations | | |
| Tags | Life, awareness, values, motivation, satisfaction | | |

The aim of the activity

This activity aims at motivating and inspiring the mentees to think and reflect on their present situation in several areas of life and their satisfaction with these. Based on these reflections, the mentees should prioritise one or two areas in their life to work on, and improve, by identifying and understanding the driving force of their values and motivations, setting specific goals and focus points for their future lives. A clear view of which areas in life need attention and change makes the accomplishment of the change wanted, and seeking it, more accessible.





Preparation

Print the activity tool
Provide pens/pencils
Follow instructions in the application setting

Application

By completing this activity, the mentee will gain some clarity on her present satisfaction of the different domains of her life.

The mentee will be guided through the activity by the mentor. Use the guiding questions to help the mentee formulate a plan;

1. Present and talk about different examples of areas in life with the mentee. This can be areas such as family, health etc. The mentor can include own suggestions for areas of life to include. The important thing is to exemplify and start the reflection process, to locate the areas of her life, which have meaning to the mentee.
2. Ask the mentee to reflect over the areas of life, which she believes to have importance to her and to select 8 eight areas (the areas on the wheel of life in the activity tool are suggestions).
3. Add the selected areas to her wheel of life satisfaction.

The mentee should then rank each area with a score from 1 to 10.

- 1 means that she is not satisfied and sees a need for change.
- 10 means the mentee is completely satisfied with this area.

Based on the score, the mentee should then draw a line following the chosen scores. This creates a visual image of how her life is balanced. Give the mentee some time to reflect on the image for a moment.

Finally, ask the mentees to choose an area which they would like to improve and create a plan of action for making the change.





Direct link to the activity handout on the learning platform

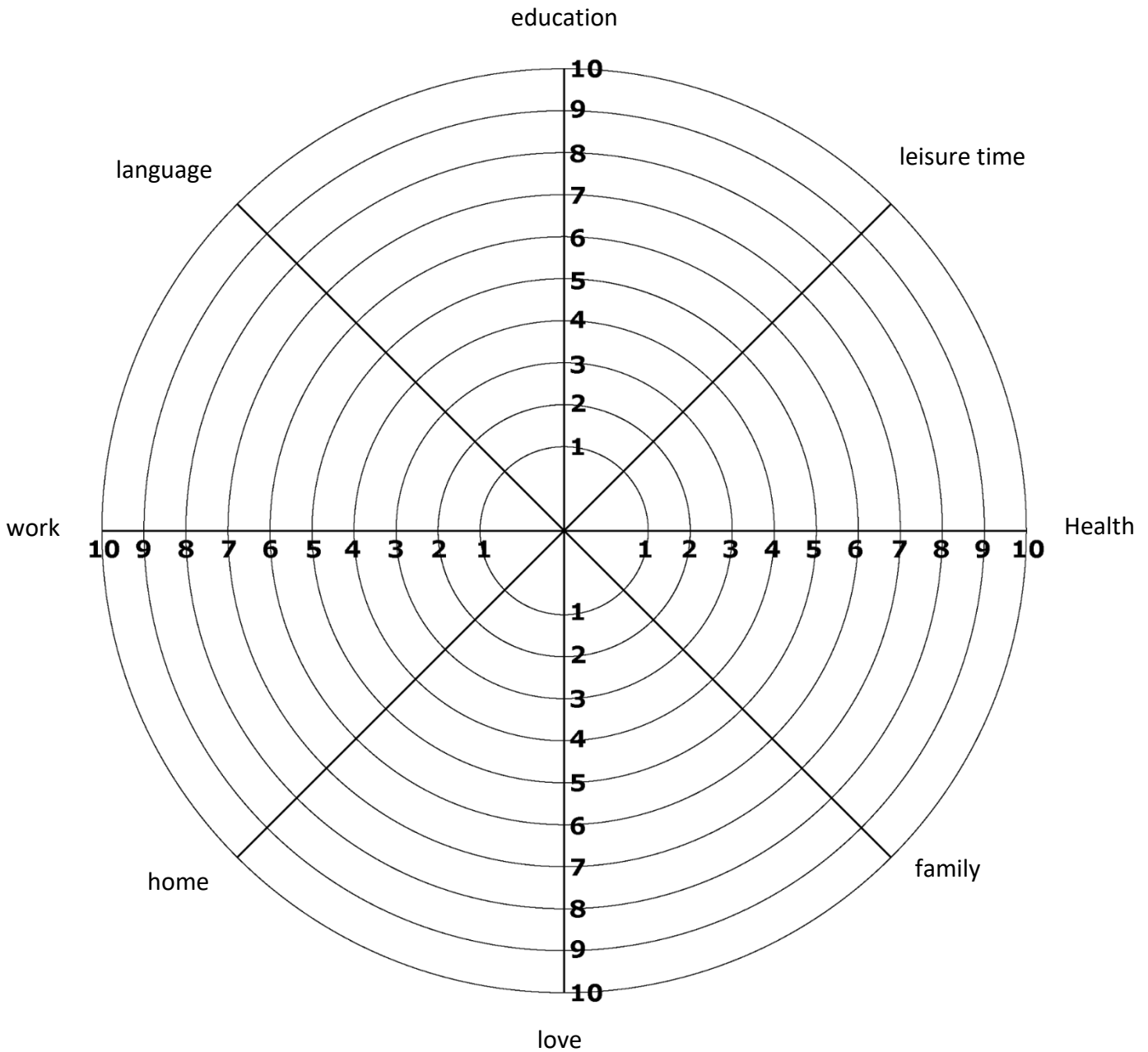
<https://upsim.aidlearn.eu/en/>





Activity tool

The Wheel of Life





01. WHAT I WISH FOR-PATTERNS

Help yourself get a perception of what happens now and a bigger knowledge of the journey towards what you wish for.

02. The Wheel of Life

The Wheel of Life shows us the most common and important areas for us humans.

By filling out how things are right now in these sections you can get a good grasp of strengths and important areas in life where you can develop further.

Mark every section where you would say you are right now, from 1 to 10, where 10 is the best. Make a line or mark with a colour at which level you are now.

03. Reflections on the Wheel of Life

Look at the lines or colours in the Wheel of Life. When you look at it – what do you see? What thoughts come to you? What do you feel? What moves you the most? What surprises you the most? Is there something you are proud of? Something you are sad about? What is the most important thing to start with? What works fairly ok?

If you would answer 10 in each section of the Wheel of Life, how would life be then?





Please write down below.

| | |
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| | |
| | |





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| | |
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Think about what you need to do in each area to get closer to 10.

Feel free to create three levels of your answers:

- 1) I can influence this
- 2) I need to involve others to influence this
- 3) I can't influence this

What can you do to move forward one or two steps?

How does it work?

Make a map over your work situation. Write what you do often, sometimes or rarely, and evaluate what you like to do a lot. What you don't mind doing, and what you dislike doing. When you are done you will get a picture of your work balance. What is predominant? Things you dislike or things you dislike? How do you evaluate your situation when you look at what you've filled in?

Once again return to the questions:

- 1) This I can influence
- 2) Here I need to involve others to influence
- 3) This I can't influence

