

The Life Leadership Wheel

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Where do you want to bring more leadership into your life? We are all leaders with the power to create and change (though sometimes, we forget). Sometimes, we feel out of balance or unfulfilled when we are leading in only a few important areas of our lives, to the neglect of others.

Use this worksheet to claim the most important areas of your life right now, and to identify where you might want to show up more consciously as a leader. (This is different from the “Wheel of Life” exercise you may be familiar with, which focuses on your satisfaction in each area.) In this exercise, we are curious about where you have an opportunity to step more fully into your own power as a leader. It can be applied to life as a whole like we do here, or one domain of life (e.g., work, romantic life, health, parenting.)

Step 1: What life areas matter most to you? Aim for about eight total, adding your own too.

Family/Parenting	Fun & Recreation
Social Life/Friendships	Adventure & Experiences
Emotional Connection to Others	Challenge
Community	Sense of Achievement
Partnership/Romance	Impact/Contribution
Sexuality/Pleasure	Sense of Meaning/Purpose
Intimacy	Giving & Receiving Attention
Health & Wellness	Safe Space to Develop & Unfold
Emotional/Mental Health	Sense of Security
Money & Finances	Sense of Status in Society
Physical Environment	Sense of Privacy
Lifestyle	Sense of Autonomy & Control
Business/Career	Self Respect, Self Love, Self Care
Learning	Sense of Personal Power
Personal Growth	Sense of Fulfillment
Presence/“Ninja Skills”	Joy
Stress/Self Regulation	Spirituality
Attitude/Mindset	Peace/Trust/Faith
Creativity/Self Expression	

Step 2: Write your most important life areas in the list below.

Life Areas and Leadership Ratings

_____:	_____:
_____:	_____:
_____:	_____:
_____:	_____:
_____:	_____:

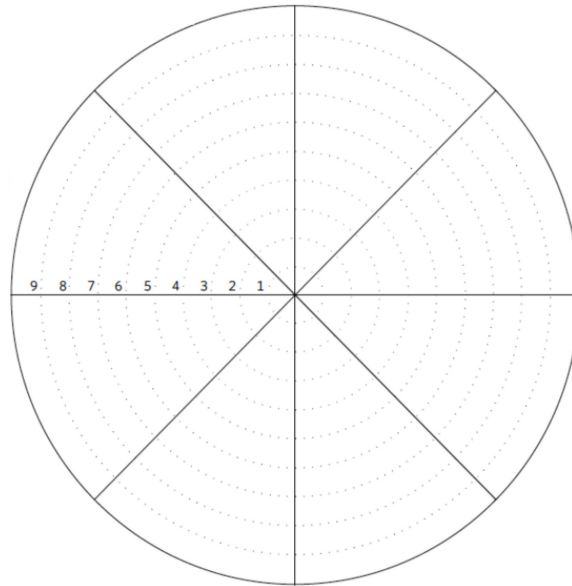
Step 3: Rate yourself 1-10 in each area based on how much *Leadership** you are demonstrating these days. Note your rating after each life area in the list above.

1= Very little leadership 5= Inconsistent leadership 10= Consistent leadership

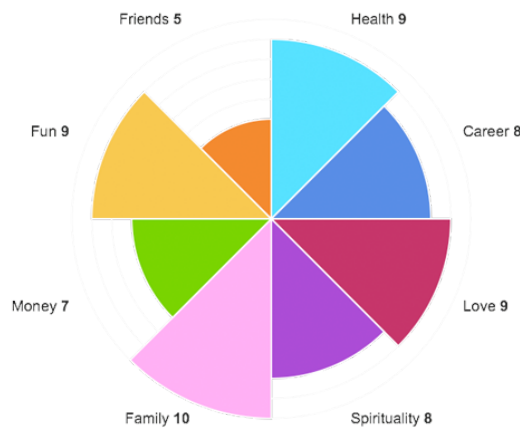
*You'll know you're demonstrating Consistent Leadership when you can honestly say "I am continuously aware of my own actions and impact in this area - I take responsibility and my eyes are wide open. I am facing my authentic feelings about this area. Where I want change to happen, I am proactively controlling only what is within my own control. I do not have unkept promises to myself or others, either implied or explicit, in this area. I do not criticize or blame myself or others in this area - rather I am curious, open, creative, and focused on what I can learn. In this area, I know what I want and it energizes me. I am bringing my full gifts into creating the experiences and results I want - I feel flow, ease, and aliveness as I take action to make my vision a reality."



Step 4: Now make your Life Leadership Wheel to visually represent how you are showing up in the most important areas of your life. Label each section of the blank wheel below with your own life areas. Draw your own if you prefer.



Step 5: Use shading to mark your own ratings for each section, as in this example:



Step 6: Reflect on where you could take a more active, present leadership role to consciously create the life you want. Update your wheel regularly (e.g., weekly).

My Life Leadership Wheel

Date: _____

A circular leadership wheel divided into 8 equal segments by four intersecting lines (vertical, horizontal, and two diagonal). The left horizontal segment is labeled with numbers 1 through 9, increasing from the center outwards. The wheel contains several concentric dotted lines, creating a grid for tracking progress or scores across the segments.