

# The Wheel of Simplicity

The Wheel of Simplicity is divided into eight areas of life where people commonly experience complexity and overwhelm. Move around the wheel and ask yourself:

On a scale of 1-10, how simple or manageable does this area of my life currently feel?

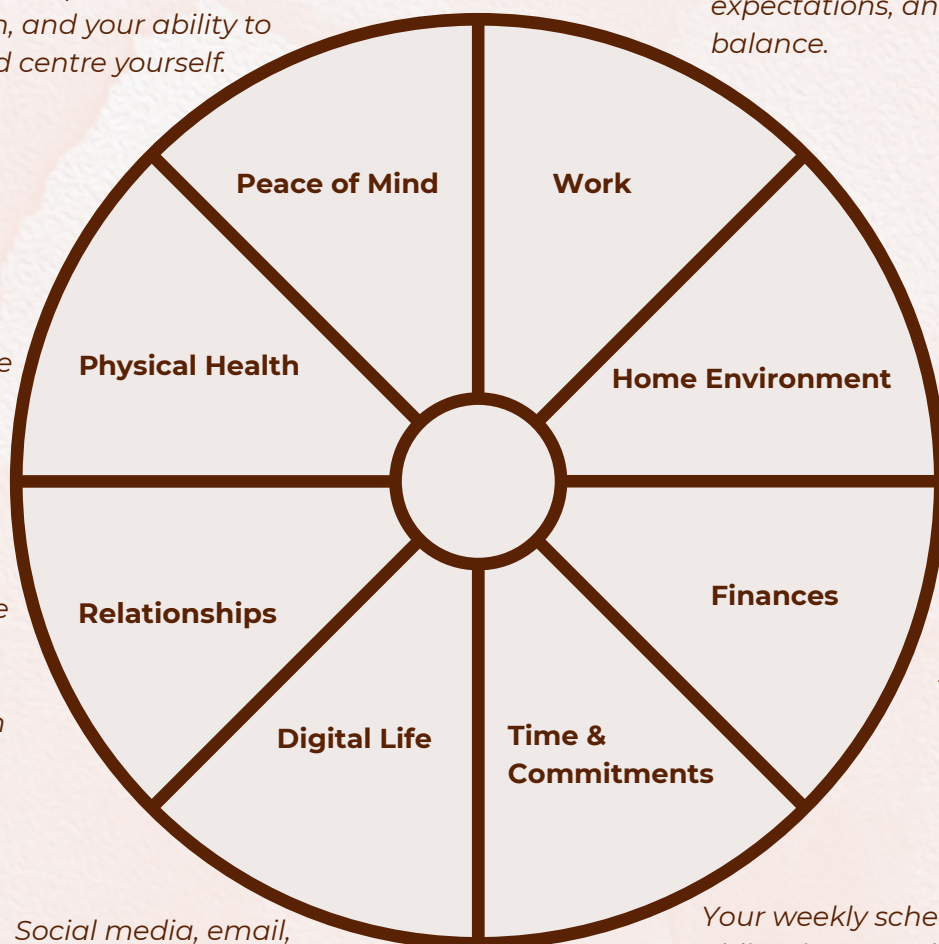
1 = Very complicated or overwhelming

10 = Calm, clear, and simple

Imagine the centre of the wheel is 0 and the outer edge is 10. Mark your score by drawing a line where your chosen number is in each segment of the wheel. If the title of the section doesn't resonate with you, feel free to rename it.

*Mental load, overthinking, stress levels, space for reflection, and your ability to calm and centre yourself.*

*Your workload, responsibilities, expectations, and work-life balance.*



*Sleep, exercise, diet, and how sustainable your lifestyle feels.*

*Clutter, organisation, maintenance, and how calming your space feels.*

*Who you spend time with, the quality of those relationships, and areas of tension or friction.*

*Budgeting, financial commitments, spending decisions, and money stress.*

*Social media, email, notifications, digital clutter, and information overload.*

*Your weekly schedule, obligations, overbooking, and how much leisure time you have.*

Ready to simplify? Consider the questions on the next page...

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## Coaching Questions

**After scoring each area of the wheel, reflect on the following questions:**

- **What would simplicity look like for you in this area of your life?**
- **What specifically needs simplifying?**
- **Are there any patterns, habits, or expectations making this area more complicated than it needs to be?**
- **What could you reduce, remove, or stop doing?**
- **What could you delegate or postpone?**
- **What boundaries might help protect your time, energy and peace of mind?**
- **How could you improve your rating in this area by just by one point?**

## Prioritise and Take Action!

**Look at your wheel and ask yourself:**

**Which area would make the biggest positive difference to my life if it were simplified?**

**What is one small step I could take this week to simplify it?**

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