



satoriTM consulting inc.
Success through **Insight** and **Strategy**

Wheel of Satisfaction: Your Career/Professional Development



Date: _____

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The Wheel of Satisfaction - Your Career/Professional Development is often used as a way for people to identify how satisfied they are in different areas relative to their career. The wheel provides space for self-reflection, that allows one to get more out of their career.

The intent is not necessarily to have a completely balanced wheel. In reality, at any time in your life, something will dominate, and something will take a back seat. The point of the wheel is to reflect on whether you are happy with your current situation and what is within your control to change.

The Wheel of Satisfaction - Your Career/Professional Development is divided into nine unique facets of one's career.

-  Satisfaction with Current Role
-  Financial Compensation
-  Personal Ownership
-  Your Personal Brand
-  Work/Life Balance
-  Professional Development/Education
-  Physical Environment/Where You Work
-  Growth and Exposure
-  Fun and Enjoyment

Find a comfortable spot and rate your current satisfaction with each area. Be completely honest. This workbook is for you and only you. So if you want change, you must be honest with yourself and put in the effort to make it happen.

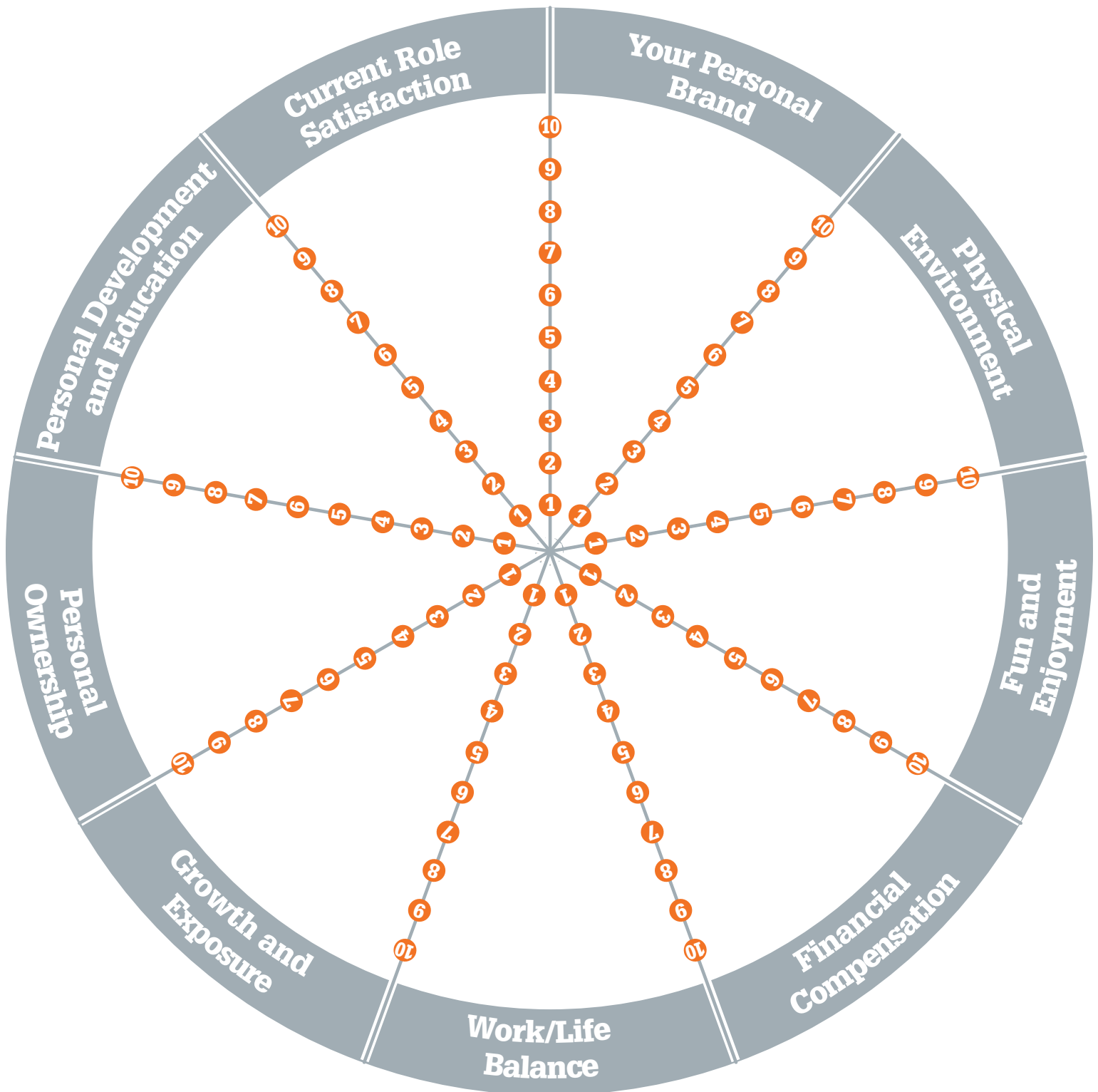
Rate your satisfaction using a 10-point scale

1	2	3	4	5	6	7	8	9	10
 Very Dissatisfied				Neutral					 Absolutely Satisfied

Category	Consider the following questions and answer based on how you are feeling today.	Answer
1. Current Role satisfaction	How satisfied are you in your current role?	
2. Your Personal Brand	How satisfied are you with your personal brand? Do you like how others see you? Are you authentic?	
3. Physical Environment – where you work	How satisfied are you with your physical workspace?	
4. Financial Compensation	How satisfied are you with your current level of compensation?	
5. Work-Life Balance	Knowing that true work-life balance ebbs and flows, and is different for everyone, how satisfied are you that you have reached a balance that works for you?	
6. Growth and Exposure	How satisfied are you with the growth and exposure opportunities available to you today?	
7. Personal ownership	How satisfied are you with the personal ownership you have taken to steer and own your career and career path?	
8. Professional Development/Education	How satisfied are you with your level of professional development/education at this point in your career?	
9. Fun & Enjoyment	How satisfied are you with the level of fun and enjoyment you receive from your career?	

Step 1:

Take a marker and draw a line across each section that corresponds with the number you rated yourself in each category. This is your 'current situation' line. Reflect on your wheel. Each area might be just fine where it is, or you might want certain areas to be higher. Don't judge, simply reflect where you are today, and where you would like to see yourself in each area. Using a different colour marker, draw a line where you want to be in each category. This is your 'want to be' line.



Step 2:

Reflect on how similar, or different, your 'current situation' line is from your 'want to be' line. List the top 4 areas that are furthest apart.

1. _____
2. _____
3. _____
4. _____

Step 3:

We can't focus on everything at the same time and be successful. What is the one most important area that you want to focus on?

Why did you choose this area to focus on?

What is your personal goal for this area?

What will happen when you move closer to your goal in this area?

What is holding you back from achieving your goal in this area?

How will staying where you are relative to this goal impact you in the future?

Step 4:

Make **your** plan and write it down. A good plan has steps, timelines and goals and is reviewed often.

My Plan and Commitment for Change

I will do...	I will do it by...	I will keep myself accountable by...	I will know I am successful when....

Coaching

An executive coach is a qualified professional who works with individuals to help them gain clarity and self-awareness and achieve their goals. The Wheel of Satisfaction - Your Career/Professional Development, is a tool that is often used in coaching to help individuals get clear on where they would like to focus. After completing the wheel if you are feeling overwhelmed with where to start or if you have a plan and need someone to guide you and help you stay accountable to yourself, coaching might be right for you.

If you would like to explore coaching, please reach out to arrange your free 30 minute consultation today.

Visit our website at www.satoriconsultinginc.ca or give us a call at **905-319-1159**.

