

Build Your Wheel® ... User Manual

A Plain Guide to Reading Your Wheel

1. What This Tool Is

Build Your Wheel is a reflective companion to *The Vitruvian Wheel*®.

It is not a test.

It is not a diagnosis.

It is not a scorecard.

It is not a personality profile.

It is not a measure of your worth.

It is a mirror.

It helps you pause and see how the life you are currently carrying may be distributed across the Four Arcs of the Wheel:

Health & Body

Mind & Character

Relationships

Meaning & Direction

The purpose is not to judge your life.

The purpose is to help you see where the weight rests.

Because many people are not broken.

They are carrying.

Sometimes too much in one place.

Sometimes too little in another.

Sometimes the right weight, but without enough support.

Sometimes a responsibility that once fit them, but no longer fits the same way.

Sometimes a life that appears successful from the outside, yet feels uneven within.

The tool exists for that moment of recognition.

The moment when you ask:

What is happening here?

The Wheel begins with another question:

Where is the weight now?

2. Before You Begin

Use this tool slowly.

Not anxiously.

Not performatively.

Not as something to “pass”.

Not as something to make look impressive.

Answer as truthfully as you can.

Not as the person you wish you were.

Not as the person others see.

Not as the person you explain.

As the life you are carrying now.

This matters because the tool is only useful when the answers are honest.

A polished Wheel is not necessarily a truthful Wheel.

A smooth Wheel is not always a healthy Wheel.

A Wheel showing strain is not a failed Wheel.

It may simply be a Wheel that has begun to speak.

3. A Short Boundary

This tool is a reflective companion.

It is not medical, psychological, legal, financial, or therapeutic advice.

It does not diagnose you.

It does not define you.

It does not replace appropriate professional help, human counsel, medical care, therapy, spiritual guidance, legal advice, financial advice, or any other form of support that may be needed..

If something serious is being carried, seek appropriate human support.

Sometimes the most responsible act is not to carry alone.

The Wheel may help you see where support is needed.

It is not meant to replace that support.

4. Why the Wheel Reads Four Arcs

Human life is not one thing.

It is carried across Four Arcs at once.

You do not live only through work.

You do not live only through the Body.

You do not live only through Relationships.

You do not live only through Meaning.

All four are present.

All four move.

All four affect one another.

A person may be successful outwardly and physically exhausted.

A person may be disciplined and relationally absent.

A person may be loved and still be directionless.

A person may have Meaningful work and still be strained because the Body has been ignored.

A person may have comfort and still feel hollow because Meaningful responsibility is too thin.

The Wheel helps you see this.

Not as accusation.

As structure.

5. The Four Arcs

Health & Body

This is the physical vessel through which every responsibility is carried.

It includes:

sleep,
energy,
illness,
pain,
movement,
recovery,
stress,
and bodily rhythm.

Every responsibility eventually passes through the Body.

The Body may tolerate neglect for a season.

But it does not disappear.

When the Body begins to speak, it should not be shamed.

It should be read.

Mind & Character

This is the inner structure that reads pressure and holds judgement under weight.

It includes:

clarity,
decision pressure,
mental noise,
discipline,
restraint,
standards,
moral courage,
focus,
silence,
and the ability to remain steady when life is not simple.

The Mind can analyse.

Character carries.

This arc matters because responsibility requires more than intelligence.

It requires judgement under pressure.

Relationships

This is the human ground of presence, trust, repair, care, and shared responsibility.

It includes:

family,
partner,
children,
friends,
colleagues,
team,
dependants,
community,

trust,
warmth,
distance,
tension,
repair,
and presence.

Relationships do not remain alive because they once mattered.

They require return.

They require presence.

They require attention before absence becomes structure.

Meaning & Direction

This is the arc that answers why the weight is worth carrying.

It includes:

purpose,
calling,
vocation,
values,
direction,
consequence,
craft,
service,
inner resonance,
and the sense that what you carry remains worth carrying again tomorrow.

Meaning is not simply passion.

Passion can ignite.

Meaning sustains.

Meaning does not always come first.

Often, it follows responsibility carried well.

When Meaning fades, the weight may feel heavier, even if nothing visible has changed.

6. Load and Support

The Wheel reads each arc through two movements:

Load

And

Support

Load asks:

What is this part of my life carrying?

Support asks:

What helps this part of my life continue carrying?

This distinction is essential.

The question is never only:

How much am I carrying?

The deeper question is:

Is this part of my life supported enough to carry what is being asked of it?

An arc can carry a lot and remain steady if support is strong.

Another arc can carry less and still begin to crack if support is thin.

This is why the Wheel does not ask only what is heavy.

It also asks what is unsupported.

Unsupported weight is often where the first signal begins.

7. The Wider Conditions

The Four Arcs do not turn in abstraction.

They turn under wider conditions.

The tool therefore also asks about:

Scale

Terrain

Purpose

Alignment

These conditions help the Wheel read not only what is being carried, but the ground, consequence, direction, and fit beneath the carrying.

Scale

Scale asks:

How far do your decisions now travel?

Scale is not visibility.

Scale is consequence.

Who is affected when you move?

Who depends on your steadiness?

How many lives, responsibilities, commitments, or outcomes are now touched by your decisions?

A larger Wheel is not a better Wheel.

It simply carries more consequence.

And consequence changes weight.

Terrain

Terrain asks:

What ground are you currently moving across?

The same responsibility is not the same burden on different ground.

Terrain may include:

financial pressure,

legal uncertainty,

health conditions,

family instability,

market volatility,

institutional weakness,

geography,

culture,

timing,

support systems,

or emotional atmosphere.

Terrain does not define your worth.

But it changes the force required to move.

To read Terrain is not to make excuses.

It is to understand the ground beneath the Wheel.

Purpose

Purpose asks:

Is there enough direction beneath the weight being carried?

In the tool, Purpose helps read whether the current “why” is clear enough to support the responsibility being carried.

A heavy load can sometimes be carried when Meaning is alive.

A smaller load may become difficult when the “why” beneath it has thinned.

Purpose does not remove difficulty.

It helps responsibility remain carryable.

Alignment

Alignment asks:

Does the responsibility you are carrying still fit your nature, strengths, limits, and season?

No life fits perfectly.

Alignment does not mean everything is easy.

It means the path does not require you to betray your architecture every day.

Alignment removes unnecessary friction.

When Alignment weakens, the same responsibility may feel heavier because the person carrying it may be moving against their nature, strengths, limits, or season.

8. How the Guided Reading Works

When you begin the tool, you will be guided through a series of simple questions.

You will be asked about:

Health & Body,
Mind & Character,
Relationships,
Meaning & Direction,

Scale,
Terrain,
Purpose,
and Alignment.

The questions are not designed to trap you.
They are not trying to expose you.

They are trying to help you notice.

The guided reading produces a first version of your Wheel.

This first version is not final.

It is not absolute.

It is not permanent.

It is a current reading.

A beginning.

A mirror of what may be present now.

9. Review Before the Wheel Is Drawn

Before your Wheel is generated, you may be asked to pause and review your answers.

This pause matters.

The Wheel is only useful if it is honest.

You may adjust anything that does not feel truthful.

Do not answer as the person you wish you were.

Answer as the life you are carrying now.

The purpose is not to make the Wheel look balanced.

The purpose is to let the Wheel show what may be asking for attention.

10. How to Read Your Wheel

When your Wheel appears, do not rush.

Do not immediately judge.

Do not immediately fix.

Look first.

Ask:

Where is the greatest load?

Where is support thinnest?

Which arc appears most strained?

Which arc appears steady?

Which arc have I assumed will tolerate neglect?

Which condition is affecting the whole Wheel most strongly?

Scale?

Terrain?

Purpose?

Alignment?

Then ask:

What is this showing?

Not:

What does this prove?

A Wheel Reading is not a verdict.

It is the beginning of attention.

11. Where the Weight Appears to Rest

Your Wheel may show that one arc is carrying more load than the others.

This does not mean that arc is wrong.

It means that, for now, more responsibility appears to be passing through it.

If **Health & Body** carries the greatest load, ask:

What has the Body been absorbing?

If **Mind & Character** carries the greatest load, ask:

What decisions, pressures, or invisible audiences have crowded the Mind?

If **Relationships** carries the greatest load, ask:

Who depends on me, where is tension sitting, and has presence thinned?

If **Meaning & Direction** carries the greatest load, ask:

Is the work, mission, responsibility, or calling still supported by Meaning and Alignment?

The arc carrying most weight is not necessarily the problem. Load is not the enemy.

It may simply be the place where the life is currently most concentrated.

12. Where Support May Be Thin

Sometimes the most important signal is not the greatest load.

It is the thinnest support.

An arc may be carrying moderate load but still strain because support has become too thin.

So ask:

Where is support weakest?

Where have I assumed strength would continue without reinforcement?

Where has recovery thinned?

Where has silence disappeared?

Where has trust cooled?

Where has Meaning become mechanical?

Where has the “why” beneath the responsibility become blurred?

Support matters as much as load.

A crack, or visible signal, often appears where load exceeds support.

13. What a Crack Means

A crack is not failure.

It is a signal.

It may show that something has been carried too long in one place.

Or that something has not been carried enough somewhere else.

Excess can fracture.

Deficiency can hollow.

Too much load can crack the Wheel.

But too little Meaningful responsibility can also hollow the life.

A crack should not be hidden too quickly.

It should be read.

Ask:

- What is this crack showing?
- What has been carrying too much?
- What has been unsupported?
- What has been neglected?
- What has been avoided?
- What has changed in terrain or scale?
- What must be reinforced before the next turn?

A crack is not an accusation.

It is the structure asking to be read.

14. Manual Adjustment

After the guided reading, the tool may allow manual adjustment.

Use this carefully.

The manual layer exists because human life cannot be fully captured by any first reading.

Sometimes, after seeing the Wheel, you may realise:

- The Body is carrying more than I admitted.
- My Relationships are more supported than I first felt.
- My Meaning is not absent; it is tired.
- My terrain is steeper than I have been willing to name.
- My scale has widened, but my support has not widened with it.

Manual adjustment is not there to make the Wheel look better.

It is there to make the mirror truer.

Do not smooth a crack because you dislike seeing it.

Do not inflate support because you wish it were stronger.

Do not reduce load because the result feels uncomfortable.

The tool is useful only when it remains honest.

15. Saving and Returning

The Wheel is not a one-time exercise.

It is a discipline of return.

A reading today may not be the same as a reading three months from now.

A new responsibility changes the Wheel.

A loss changes the Wheel.

A success changes the Wheel.

An illness changes the Wheel.

A repaired Relationship changes the Wheel.

A change in terrain changes the Wheel.

A widening of scale changes the Wheel.

For that reason, the tool may allow you to save or copy your reading.

You may return to it later.

You may compare seasons of your own life, not to judge yourself, but to see what has changed.

You may use it privately.

You may use it as a conversation starter with a trusted person.

A mentor.

A therapist.

A coach.

A doctor.

A spiritual guide.

A partner.

A team.

A friend.

Not to outsource responsibility.

But to make the conversation more truthful.

Sometimes people cannot explain what they are carrying until they can see its shape.

The Wheel gives that conversation form.

16. Privacy Note

Your Wheel may contain sensitive reflections about your life.

Treat saved links or downloaded readings with care.

Do not share them casually.

Share only with people you trust.

The Wheel is personal.

It is not something to perform.

It is not something to compare.

It is not something to display for approval.

It is a mirror of what you may currently be carrying.

Protect it accordingly.

17. When to Build Your Wheel

Build your Wheel when life feels uneven.

Build it when you feel capable but stretched.

Build it when success increases but coherence decreases.

Build it when your Body begins to speak.

Build it when Relationships withdraw.

Build it when Meaning feels dull.

Build it when comparison returns.

Build it when terrain changes.

Build it when responsibility widens.

Build it before saying yes to something larger.

Build it before saying no to something that may actually be yours to carry.

Build it after a major transition.

Build it when you feel tired but cannot explain why.

Build it when nothing is dramatically wrong, but something feels no longer proportionate.

Do not build it only when something breaks.

Build it before fracture.

Build it when the signal is still quiet.

That is often when the Wheel is most useful.

18. What the Tool Cannot Do

The tool cannot know your full story.

It cannot know every grief.

Every responsibility.

Every hidden cost.

Every inherited terrain.

Every private burden.

Every Relationship.

Every wound.

Every source of Meaning.

Every fear.

Every hope.

Every unseen act of carrying.

So do not give it authority it does not have.

It is not the master.

It is a mirror.

It does not replace wisdom.

It invites it.

It does not replace professional support.

It may help you recognise that support is needed.

The tool can help you see where the next truthful question may need to begin.

You must still bring judgement, courage, and care to what is shown.

19. After You See the Wheel

Once you see the Wheel, do not rush into ten actions.

Choose one proportionate return.

One.

A conversation.

A rest.

A boundary.

A repair.

A refusal.

A medical appointment.

A walk.

A redistribution.

A moment of silence.

A decision delayed.

A decision finally made.

A responsibility re-chosen.

A responsibility released.

A support strengthened.

A rhythm restored.

The Wheel is not asking you to transform your life in one dramatic gesture.

It is asking you to respond proportionately.

Small adjustments made early can prevent large fractures later.

20. The Simple Practice

Pause.

See.

Name the arc.

Read the weight.

Read the support.

Read the terrain.

Read the scale.

Read the crack.

Ask what is proportionate.

Then respond.

Not perfectly.

Not forever.

Now.

Because the Wheel is always read in the present.

Not the life you imagined.

Not the life others see.

Not the life you performed.

The life you are carrying now.

21. The Deeper Purpose

The purpose of building your Wheel is not to become perfectly balanced.

It is to become more honest.

More attentive.

More proportionate.

More capable of responding before strain becomes fracture.

More aware of what has been carried too long.

More respectful of terrain.

More careful with scale.

More faithful to Meaning.

More tender with the Body.

More present in Relationships.

More truthful in Character.

This is not optimisation.

It is stewardship.

Of the life you have been given.

Of the responsibilities you have chosen.

Of the Body that carries you.

Of the people entrusted to you.

Of the Meaning that must remain alive.

Of the unfinished becoming that still asks for care.

22. Final Reminder

When you build your Wheel, do not ask:

Is my life balanced?

Ask:

Where is the weight now?

And then:

What does this require of me?

That is enough.

Enough to pause.

Enough to notice.

Enough to respond.

Enough to return.

Build your Wheel.

Not to fix your life.

But to see what you are carrying.

And once seen...

to carry it with more proportion.

The Wheel turns.

And now...

you may build your own.