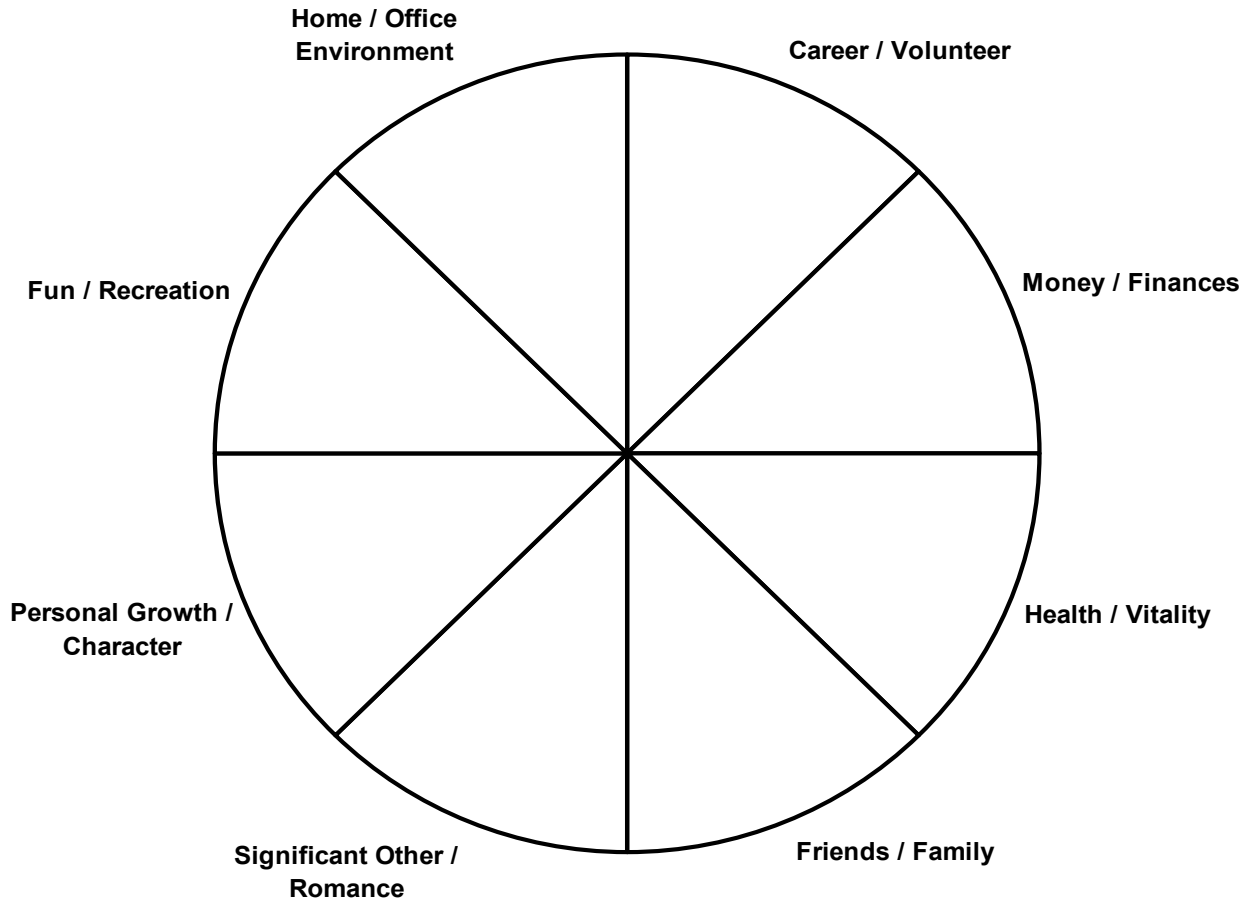


Wheel of Life

Please complete this exercise to help you establish which areas of your life are balanced and which are out of balance. Please fill this out and bring this to your next Coaching session.



Directions

The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction within each life area by drawing a new outer edge (see example). Take 10 to be maximum balance and 0 as unbalanced. The new perimeter of the circle represents your Wheel of Life. How bumpy is the ride?

Example

