



# Wheel of Life

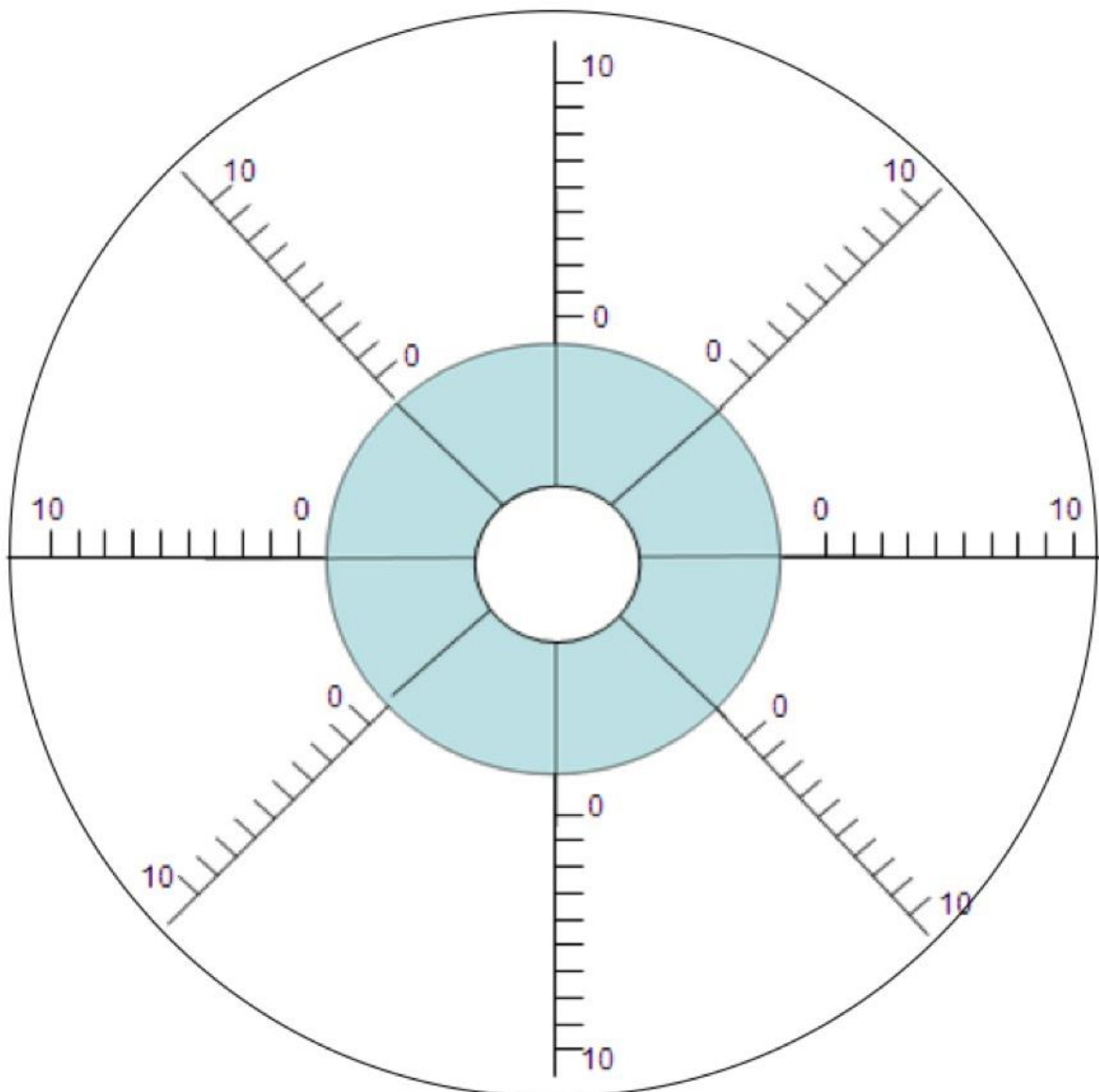
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The 8 segments of the wheel represent the different areas of your life.

## Area of life (examples)

Career/work/job//business	Fun/social life/friends	Money/finances
Home	Health/well being/fitness	Family
Personal Development	Hobbies	Spiritual
Singificant others/intimate relationships		

1. Pick 8 areas which are most important to you in this context, write them into the wheel.
2. The centre of the wheel represents a score of 0, the outside as 10. Rank your level of satisfaction with each area of your life.
3. Join the dots to create a new outer wheel. How bumpy would the ride be?



- For each are relevant to the coaching list: your strengths & achievements & your blocks & challenges
- Also ask yourself, how much effort am I making right now to get the life I want?