

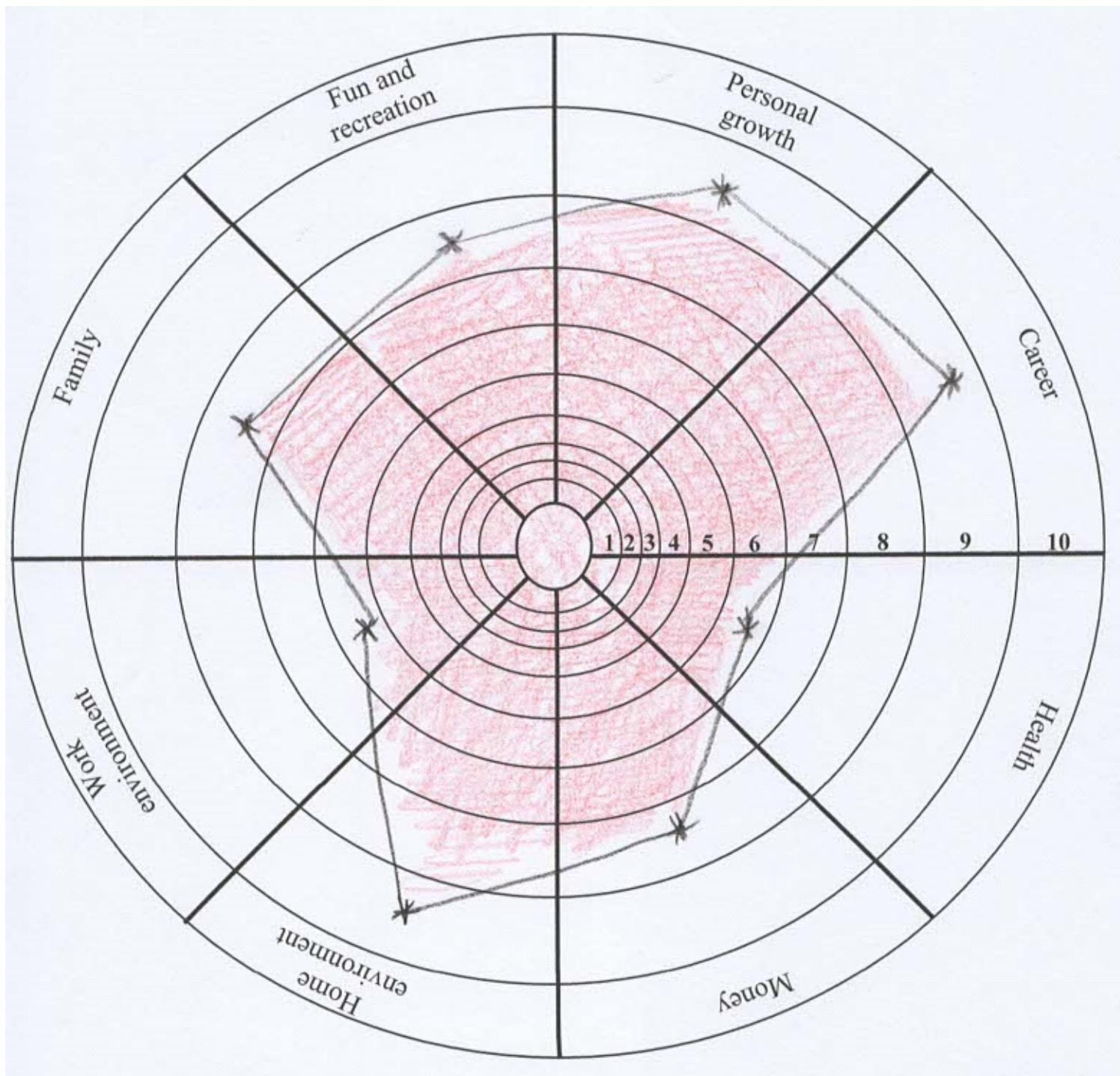
The Wheel of Life instructions.

The eight sections in the Wheel of Life represent, once completed, your balance of life.

The centre of the wheel is marked as zero and graduates to 10 on the outer rim. Zero indicates a complete dissatisfaction with that area of your life whereas 10 shows complete satisfaction. Consider each area and mark with an X in the middle of the section. Once you've completed the exercise join the x together with a line and if you want to be creative colour in the inner section. The outer line represents your life balance at the moment. (There is an example on page 2)

Ask yourself the question - "If this was a real wheel how bumpy would the ride be?"

You can change the headings if you prefer - I've attached a blank on page three. You can use the results of the exercise to decide on which area you want to concentrate on for your coaching meeting if you wish.



A completed Wheel - oh dear!

