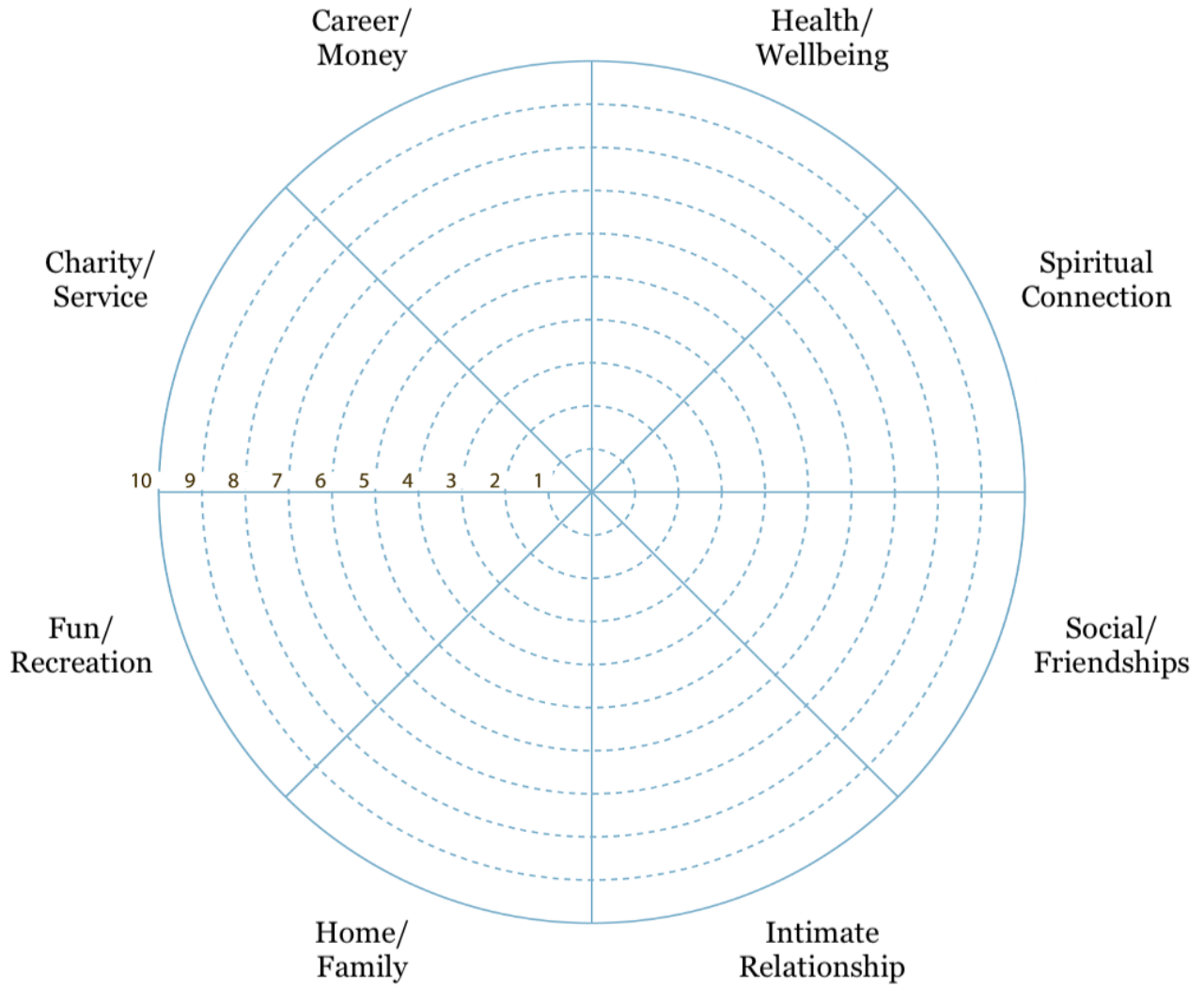


Wheel of Life



Wheel of Life Instructions

We can become more aware of our needs and be more intentional with our time and focus. Balance is one goal so that your wheel turns more evenly and your life flows more smoothly. Yet there are times when we need to prioritize some categories over others, or when we realize certain areas have been neglected for too long and need our attention.

1. Rate your satisfaction of your quality of life in each category from 0 to 10. (0 being a very low satisfaction level and 10 being a very high level of satisfaction level.)

Health/Wellbeing ___
Spiritual Connection ___
Social/Friendships ___
Intimate Relationship ___
Home/Family ___
Fun/Recreation ___
Charity/Service ___
Career/Money ___

2. Shade in each section of the wheel to show the numbers you determined. (0 is at the very center of the circle and 10 is the outermost edge.)
3. How balanced is your wheel? What did you notice as you were shading your wheel? Were there any surprises? What has been working well for you? What have you been neglecting? What would it take to raise your satisfaction level a number or two in your lower scoring categories?
4. Discuss what you noticed at our next coaching session, and we will work on setting reasonable goals to help you find balance or improve your level of satisfaction with your life.