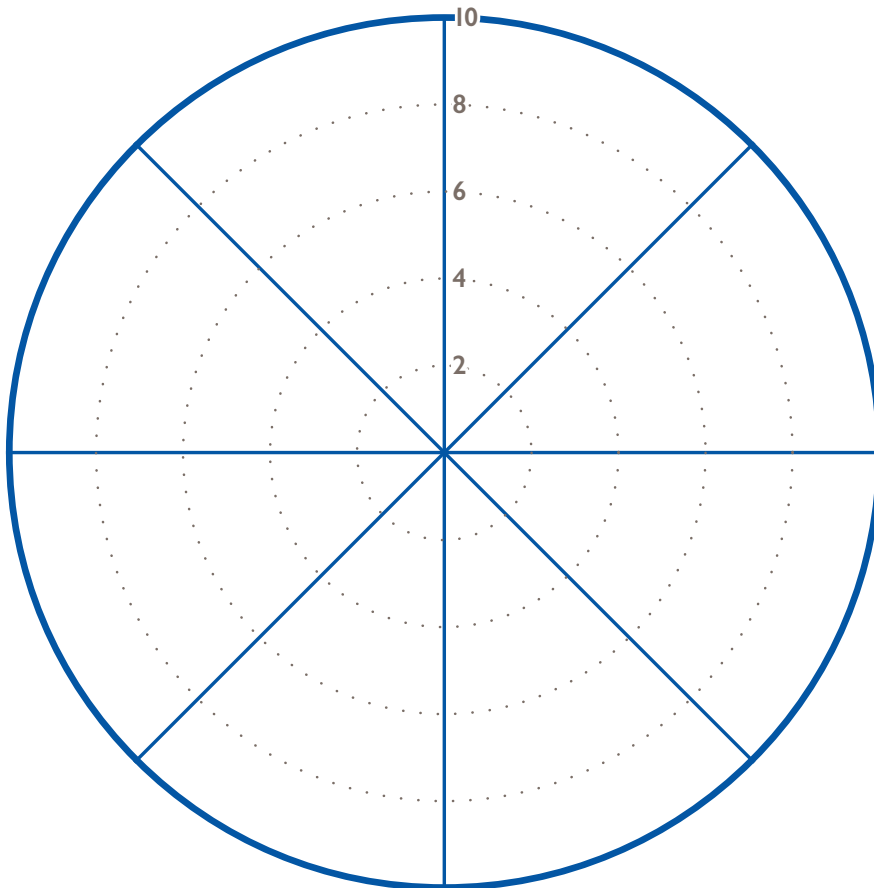


Your Wheel of Life

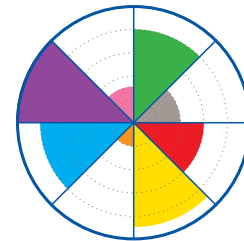
Allow the eight sections of the wheel below to represent key areas in your personal and/or professional life. Choose eight areas you consider important. Add additional spokes to the wheel if needed. Title each section of the wheel with an area of life you want to focus on; for example:

- Career
- Communication
- Conflict
- Engagement at Work
- Family
- Finances
- Friendship
- Goals
- Health
- Hobby or Interest
- Leadership and Service
- Learning and Development
- Partner / Spouse
- Performance
- Personal Growth
- Physical Environment
- Recreation
- Relationship with...
- Spirituality
- Workplace
- Other: _____

Consider the center of the wheel as 0 (low) and the outer edge as 10 (high). Rank your level of satisfaction with each area of your life by drawing a line to create a new outer edge. (See miniature example.)



Example:



This circle represents your wheel of life.

- How balanced or bumpy a ride are you having?
- What changes would you like to make?
- What area will you explore next during coaching?