

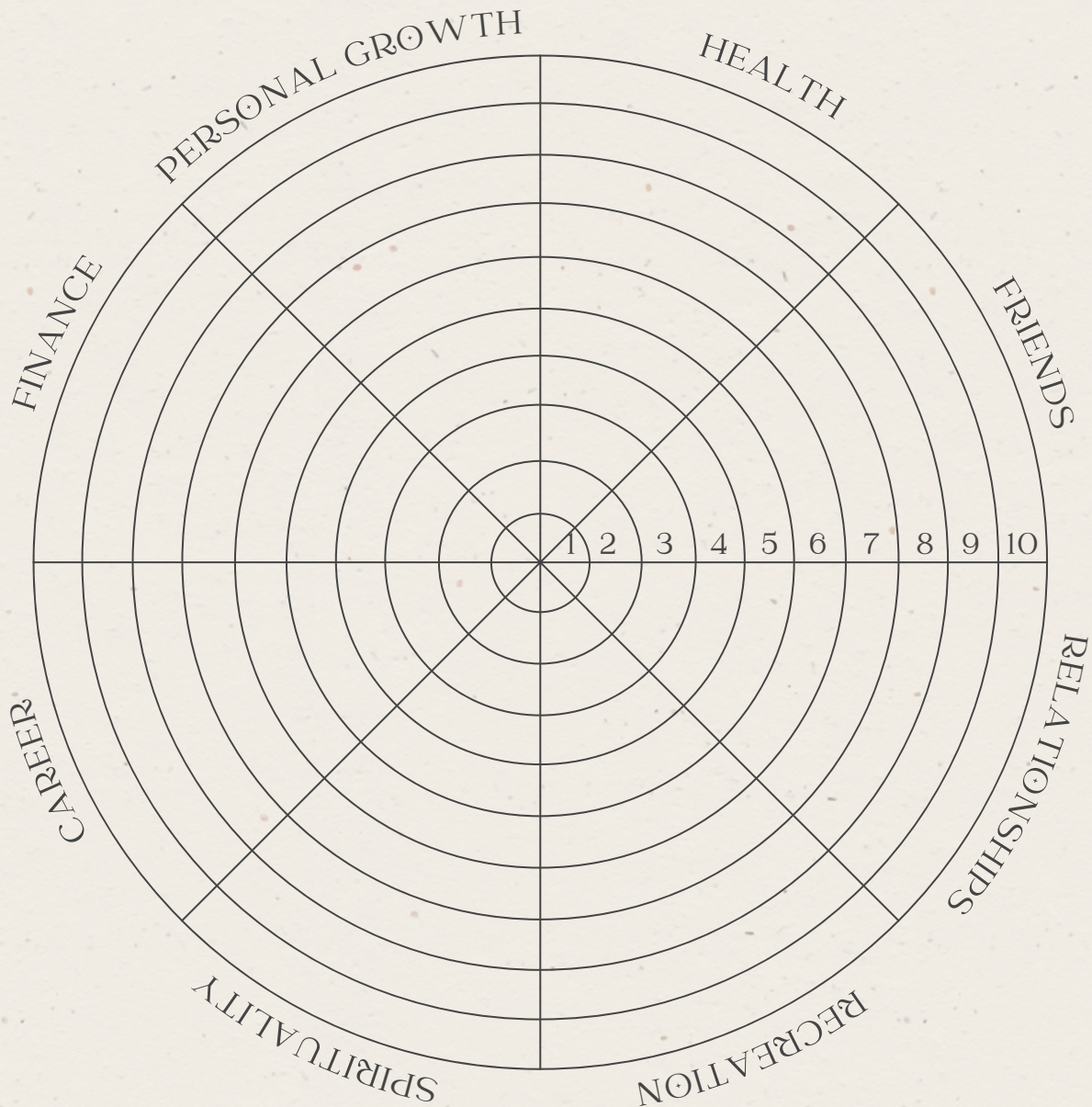
THE WHEEL OF LIFE

The 8 sections in the Wheel of Life represent different aspects of your life.

The structure of the wheel is up to you. The wheel on this page is an example.

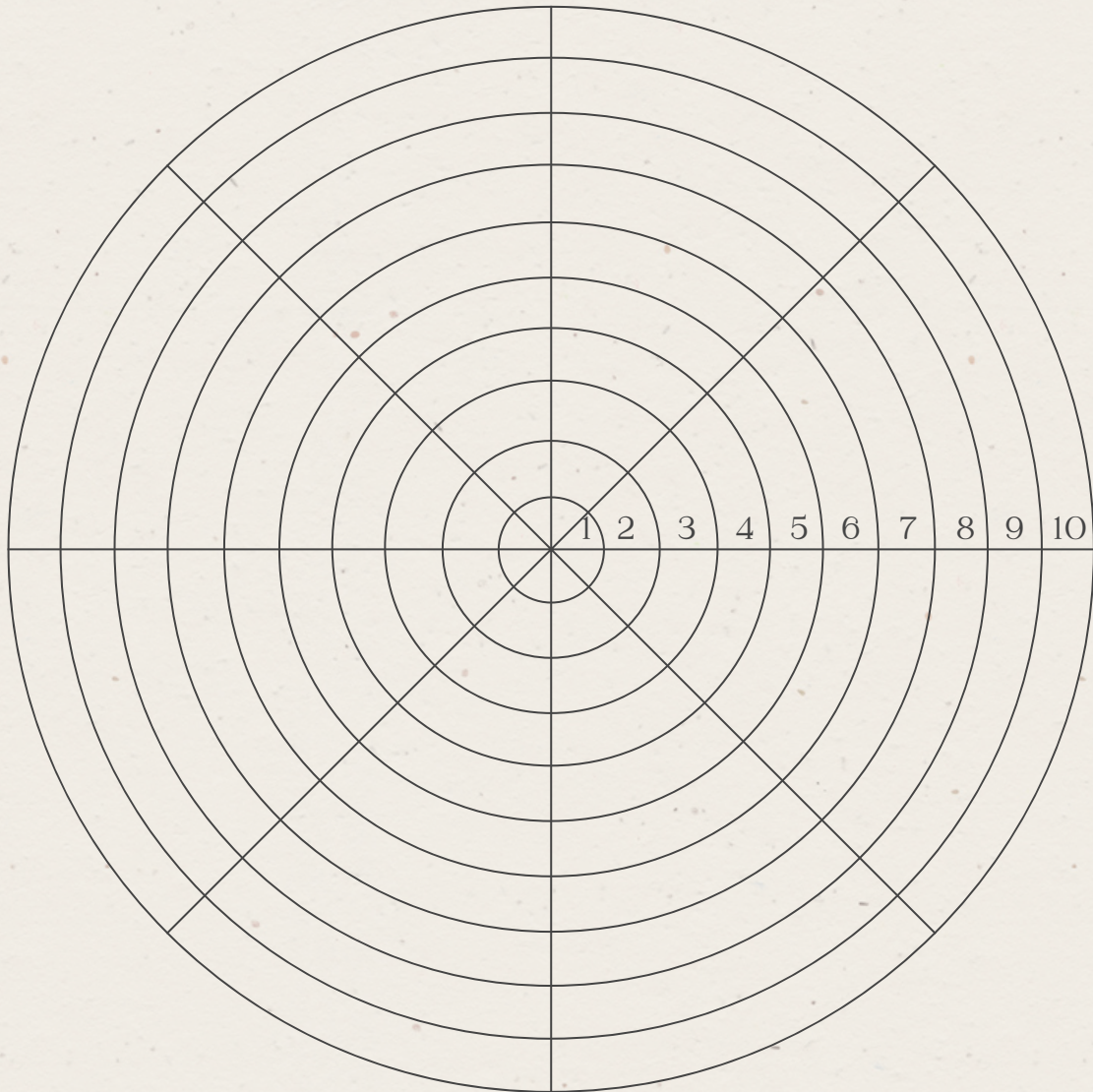
A scale of 1-10 measures the level of satisfaction in these areas that you're feeling now, as you are on the exercise.

Draw a straight or curved line to create a new outer edge.



NOTES:

THE WHEEL OF LIFE



NOTES:

CoachUp

The lines you draw set the new perimeter of the circle. This is your Wheel of Life.

Once you are done with the Wheel of Life, please answer these questions:

What are my initial impressions and feelings about my wheel?

What is the area that needs my attention?

What are the actions that you would like to take in that area? How would that impact other areas of my life?

**When am I going to carry out these actions? What could stop me?
What support/resources do I need?**
