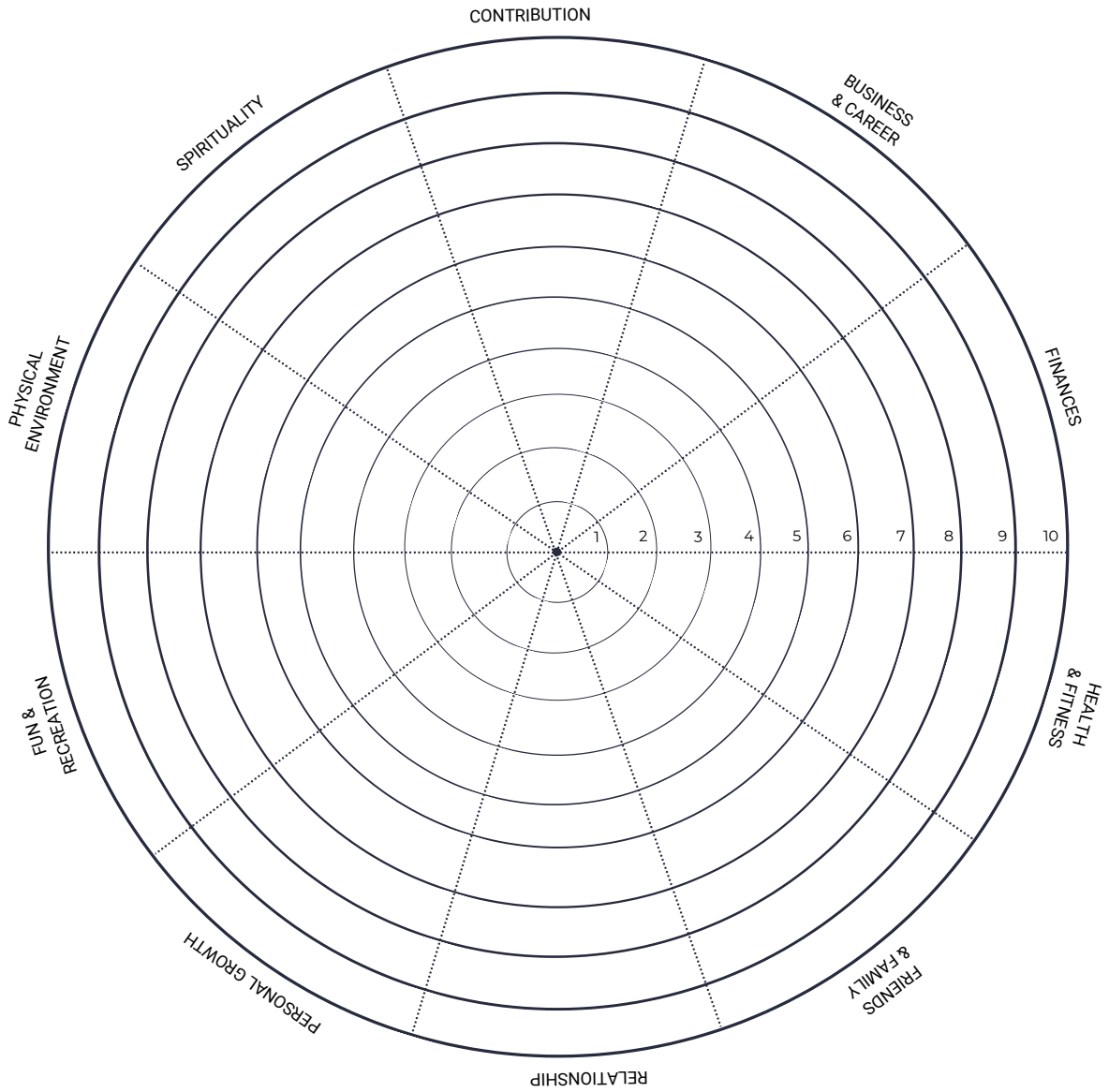




# Wheel of Life



- Business & Career
- Finances
- Health & Fitness
- Friends & Family
- Relationships
- Personal Growth
- Fun & Recreation
- Physical Environment
- Spirituality
- Contribution



# Instructions:

The best way to use this wheel is to print it out. Give yourself some space, sit down with a pen or hi-lighter and begin.

Rate your current level of satisfaction in each category on the wheel. It's all based on a scale of 1 to 10, with 1 being completely dissatisfied and 10 being extremely satisfied.

Connect the dots across each category to form a circle. This will create a visual representation of the satisfaction levels in different areas of your life.

Analyze the shape of the circle. An even circle indicates a balanced life, while an uneven circle suggests imbalances in certain areas. Identify areas with lower satisfaction ratings as opportunities for growth and improvement.

Use the graph below the circle to identify 3 areas of growth that we can focus on during our coaching sessions.

The Wheel of Life is a dynamic tool, and you could periodically revisit and update it to track your progress and make adjustments as needed. I suggest using this minimum once a year, and even twice. Regularly reassessing your Wheel of Life can help ensure continued personal growth and maintain a balanced life.