

Wheel of Life Exercise

how to

The Wheel of Life is a simple exercise to help you assess your satisfaction with the various areas in your life. For each of the sectors on the chart, rank yourself on a scale of 1 to 10. For example, if you are feeling great about your *Personal Development*, you might give yourself a “9”. You would then shade in nine-tenths of the *Personal Development* segment, starting from the inside out.

evaluation

The diagram below, when completed, can give you a picture of how your life currently matches up with how you want it to be, along with giving greater clarity in what you want to work on with your coach. If you’re not sure how to interpret the chart when you’re finished, bring it to our first coaching appointment, and I will explain it to you.



Wheel of Life Example: Relationship