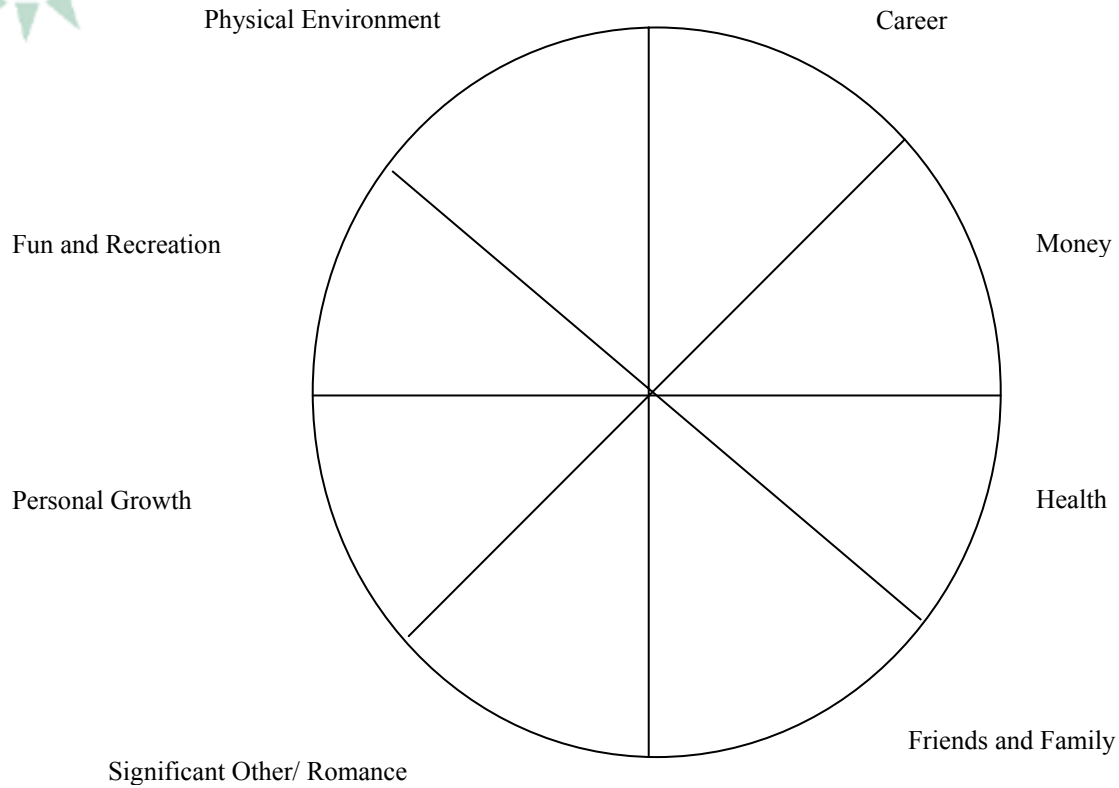




Wheel of Life



Directions:

The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area. Connect the dots with a straight or curved line to create a new outer edge.

What did you notice?

What did you learn about yourself?

Determine what specific areas you might like to focus on for coaching:
