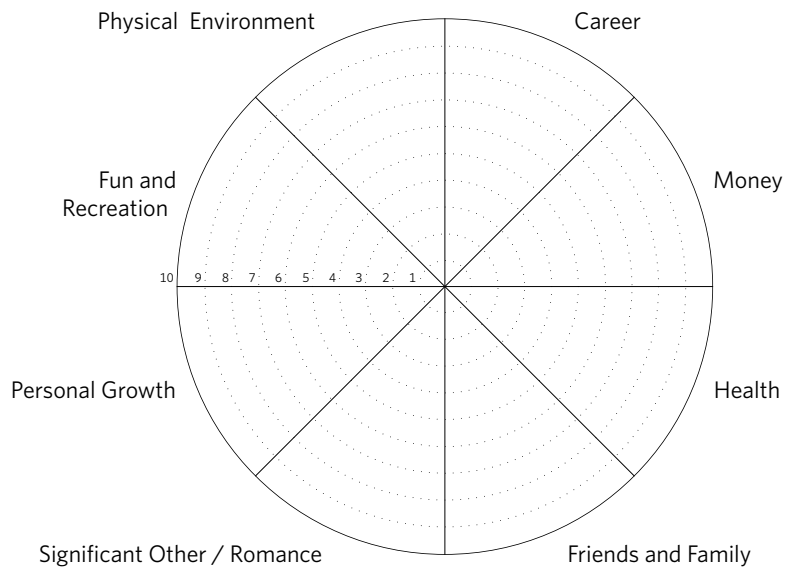


Wheel of Life Exercise



(Note: This wheel contains eight sections that, together, represent one way of describing a whole life. You, as coach, or your client may have other labels or categories or may wish to divide friends and family. The structure is up to you and your client. The exercise measures your client's level of satisfaction in these areas on the day he or she works through this exercise. It is not a picture of how it has been in the past or what the client wants it to be in the future. It is a snapshot taken in the moment. It is not a report card on how well the client has performed or what he or she has achieved. The emphasis is on the client's level of satisfaction in each area.)

Wheel of Life Exercise cont'd

Directions: With the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Let's look at areas where you want to improve your level of satisfaction and begin to think about what you might do about it.

Example

