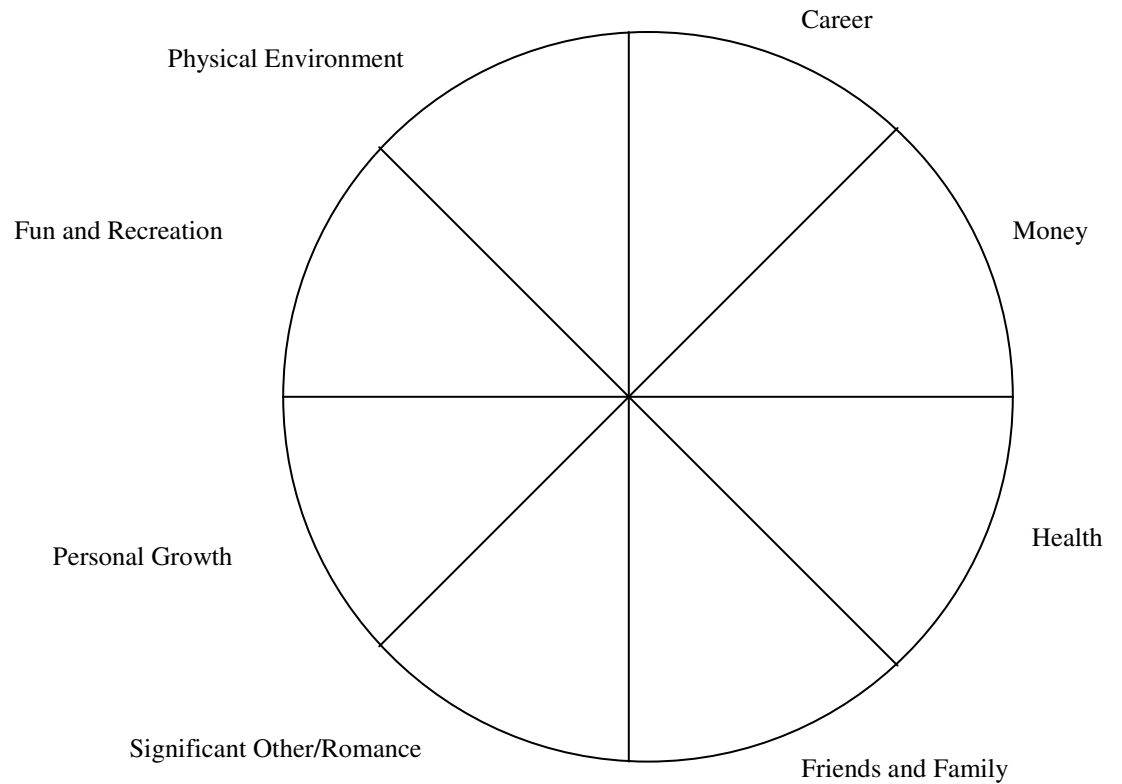
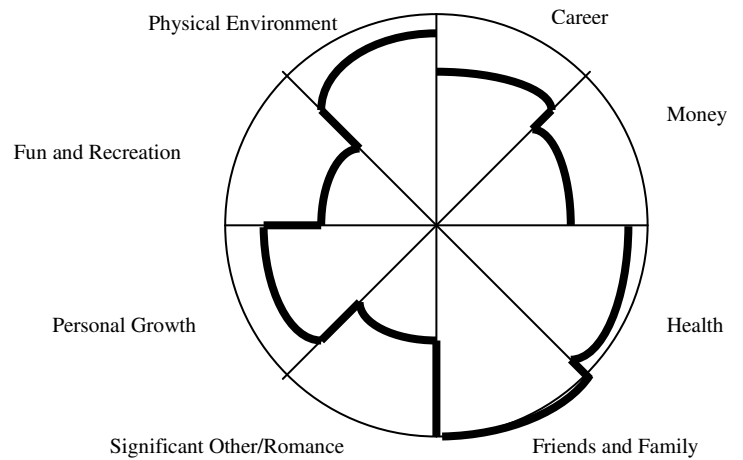


Wheel of Life Exercise



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 by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represent the Wheel of Life. How bumpy would the ride be if this were a real wheel?

Example



*Used by permission. Adapted from *Co-Active Coaching* by Laura Whitworth, Henry Kimsey-House, and Phil Sandahl, Davies-Black Publishing, 81998