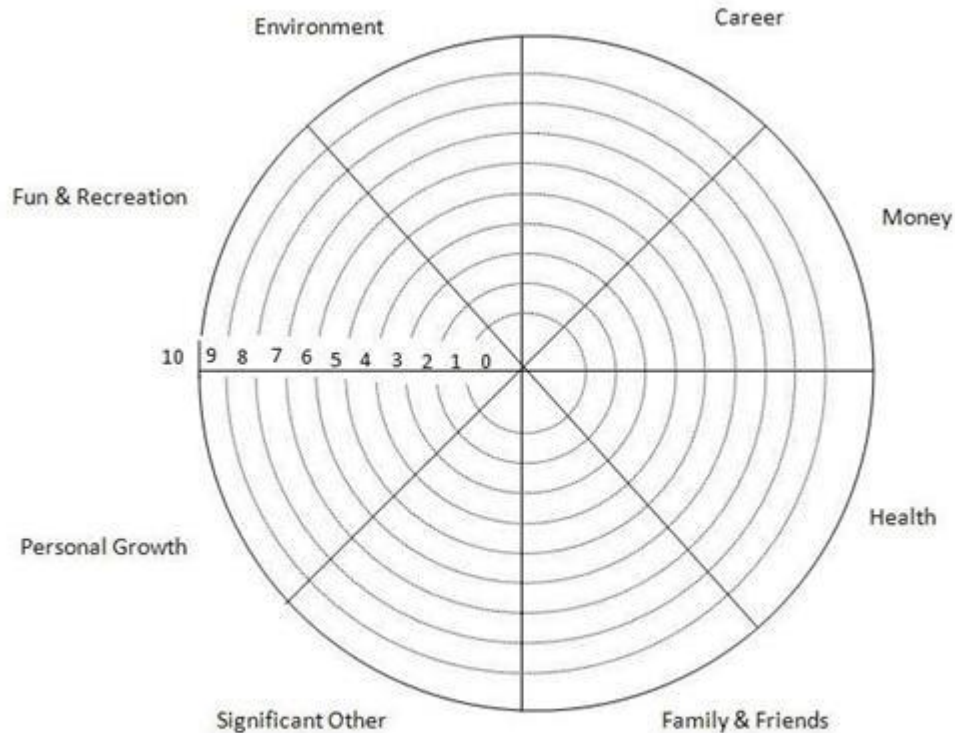


Wheel of Life



Courtesy of: [The Coaching Tools Company.com](http://TheCoachingToolsCompany.com)

Think about what success feels like for each area.

Rate your level of satisfaction in each of the areas on a scale of 1-10.

Taking the center of the Wheel of Life as 0 (very dissatisfied) and the outermost circle as 10 (fully satisfied), color each area on the circle according to your level of satisfaction.

For example, if you rate your satisfaction in the field of Personal Growth as 4, fill the 4 innermost layers in the segment of the wheel representing Personal Growth.

Similarly, if you rate your satisfaction on Health as 8, fill 8 layers inside out in the segment representing Health.

The new perimeter is your Wheel of Life and it helps you understand which areas of your life needs attention.

Are there any surprises for you?

How do you feel about your life as you look at your Wheel?

Which of these elements would you most like to improve?

What are the issues you would like to address first?