



# Wheel of Life

**Directions:** Imagine that this wheel represents eight critical areas of your life. Identify what those eight areas would be and write the description outside each section. Then imagine that the center of the circle represents a scale of 1 or complete dissatisfaction with this area of your life and that the outer edge represents a 10 or complete satisfaction with this area of your life. Rate each section according to your current level of satisfaction by drawing a line across the section and writing in the number. The new perimeter made by these satisfaction levels indicates the new rim on this wheel of life. Your coaching may focus on some of these areas with bumps!

Feel free to use a second wheel if you want to break down any of these areas into smaller subsections. Possible areas of life might include career, relationships, personal growth, etc. Be open and be creative.

