## 

**EXAMPLE**

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## YOUR NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## C:\! BUSINESS\0.2 THE COACHING TOOLS COMPANY\2. TOOLS FOR COACHES\1.3 TOOLS ON WEBSITE\Wheel of Life - Wheel Image Only.png

## TODAY'S DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COMPLETE THE WHEEL:**

**1. Review the 8 Wheel Categories -** think briefly what a satisfying life might look like for you in each area.

**2. Next, draw a line across each segment that represents your satisfaction score for each area.**

* Imagine the centre of the wheel is 0 and the outer edge is 10
* Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
* Now draw a line and write the score alongside (see example above)

**IMPORTANT:** Use the FIRST number (score) that pops into your head, not the number you think it *should* be!

If necessary you can split category segments to add in something that is missing, or re-label an area to make it more meaningful. Examples of changes are:

* 1. **Family and Friends:** Split "Family and Friends" into separate categories.
  2. **Significant Other:** Changing the category name to "Dating", "Relationship" or "Life Partner".
  3. **Career:** Changing the category name to "Motherhood", "Work", "Business" or "Volunteering".
  4. **Finances:** Changing the category name to "Money", "Financial Security" or "Financial Wellbeing".
  5. **Health:** The category name could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".
  6. **Home Environment:** The category could split or change to "Work Environment" for career or business clients.
  7. **Fun & Leisure:** The category name could change to "Recreation"
  8. **Personal Growth:** The category name could change to "Learning", "Self-Development" or "Spiritual"
  9. Other categories to add could include "Security", "Service", "Leadership", "Achievement" or "Community".