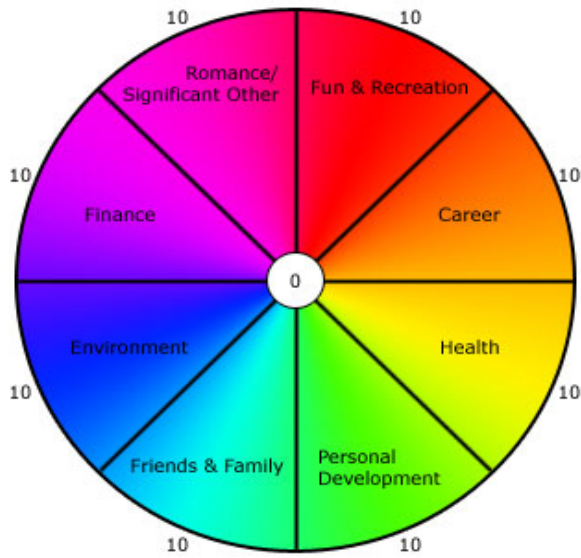
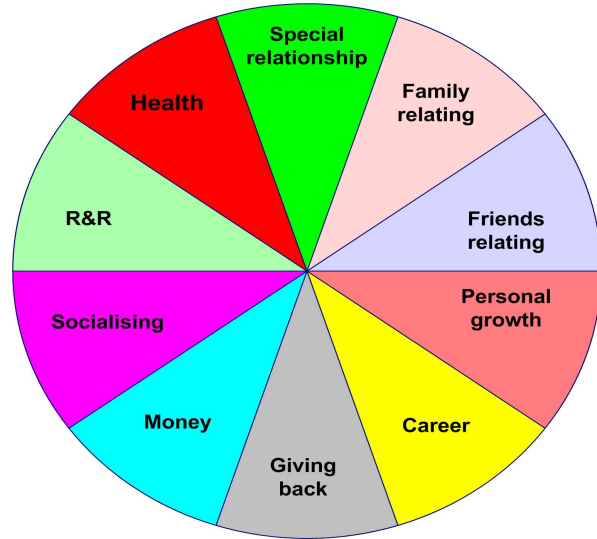


Coaching Wheel - to use as you see fit!



A Wheel of Life



The above are examples of areas you can use in your wheel of life or business. You choose the right words for you.

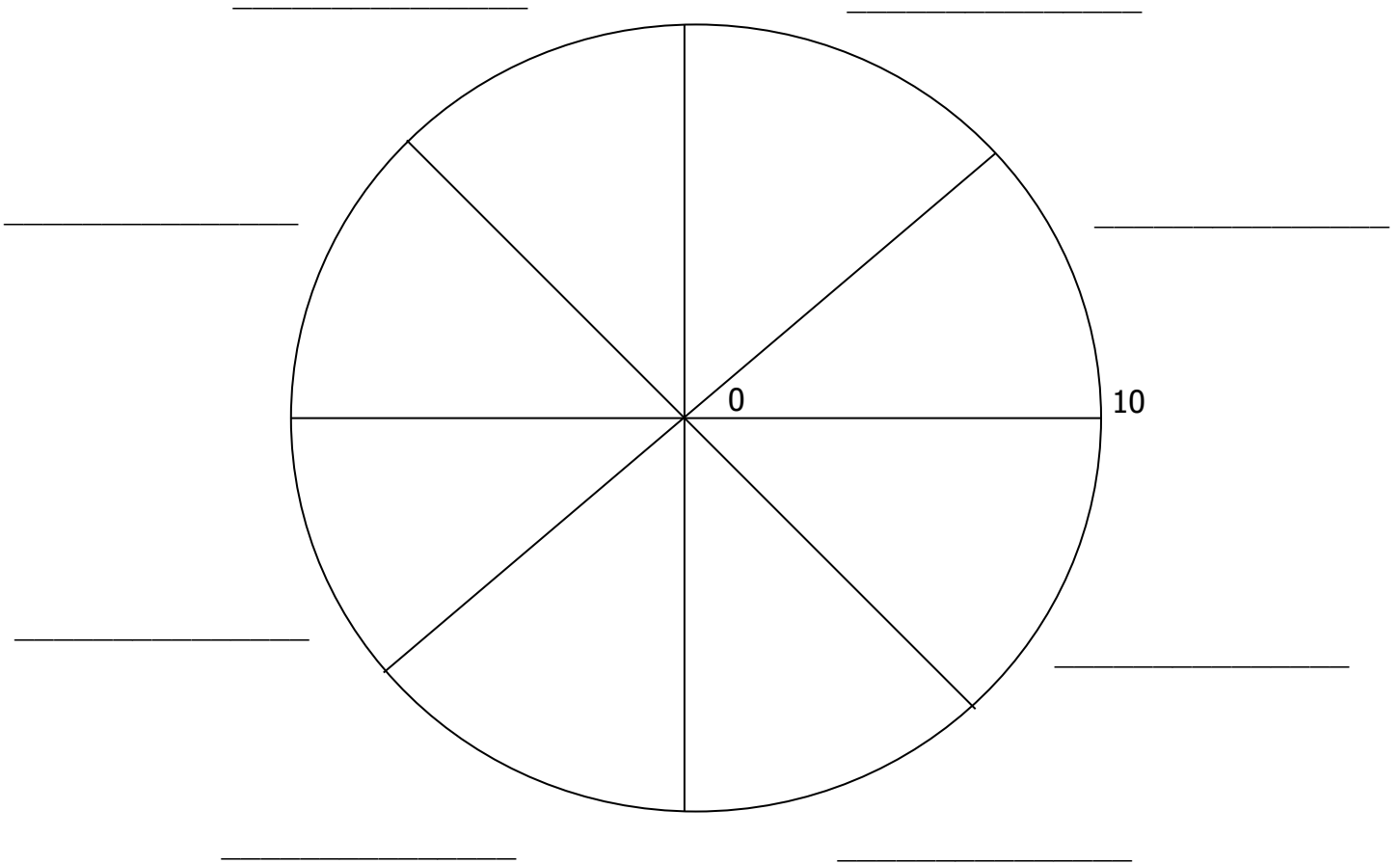
On the next page is your blank wheel to complete and this will give you the significant areas to work on first.



Coaching Wheel - to use as you see fit!

NAME: _____

DATE: _____



WHEEL OF _____ INSTRUCTIONS

The 8 sections in the Wheel of Life represent _____

- ☀ Please change, split or rename any category so that it's meaningful for you.
- ☀ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction (or frustration etc)** with each area out of 10 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 _____'. Is it a bumpy ride?

EXAMPLE

