

The Wheel of Life

Directions:

The eight sections in the wheel of life represent balance. The wheel is a tool coaches use to get a snapshot of how satisfied a client is in his/her life. You may want to change the categories to reflect the areas of your life.

Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge.

The new perimeter represents the wheel of your life. How bumpy would the ride be?

Client Name: _____ Date: _____

