

The Wheel Of Life

What is the purpose of the Wheel of Life?

The Wheel of Life is a worksheet or visual aid that helps individuals understand how balanced or satisfied their lives are at this moment.

The wheel has eight (and maybe ten) sections or categories that are crucial for living a complete or balanced existence. Individuals assess how satisfied they are with each location, and then they transfer that rating into a picture of a wheel. This provides them with a quick snapshot of their present "life balance." Importantly, the life wheel enables individuals to immediately identify areas in their lives that may require change.

the Wheel of Life is a coaching tool for determining coaching priorities in life and management coaching. It will allow to understand, and work with an individuals priorities and areas of strength and improvement. The wheel increases individuals self-awareness and motivation to make changes and lead more happy lives. Self-awareness empowers and provides focus and direction.

YOUR WHEEL INSTRUCTIONS

The 8 sections in the Wheel of Life represent _____.

- **Name the 8 categories** so they're meaningful using the space provided in the ring around the wheel.
- **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)
- The new perimeter of the circle represents **your Wheel of** _____. Is it a bumpy ride?

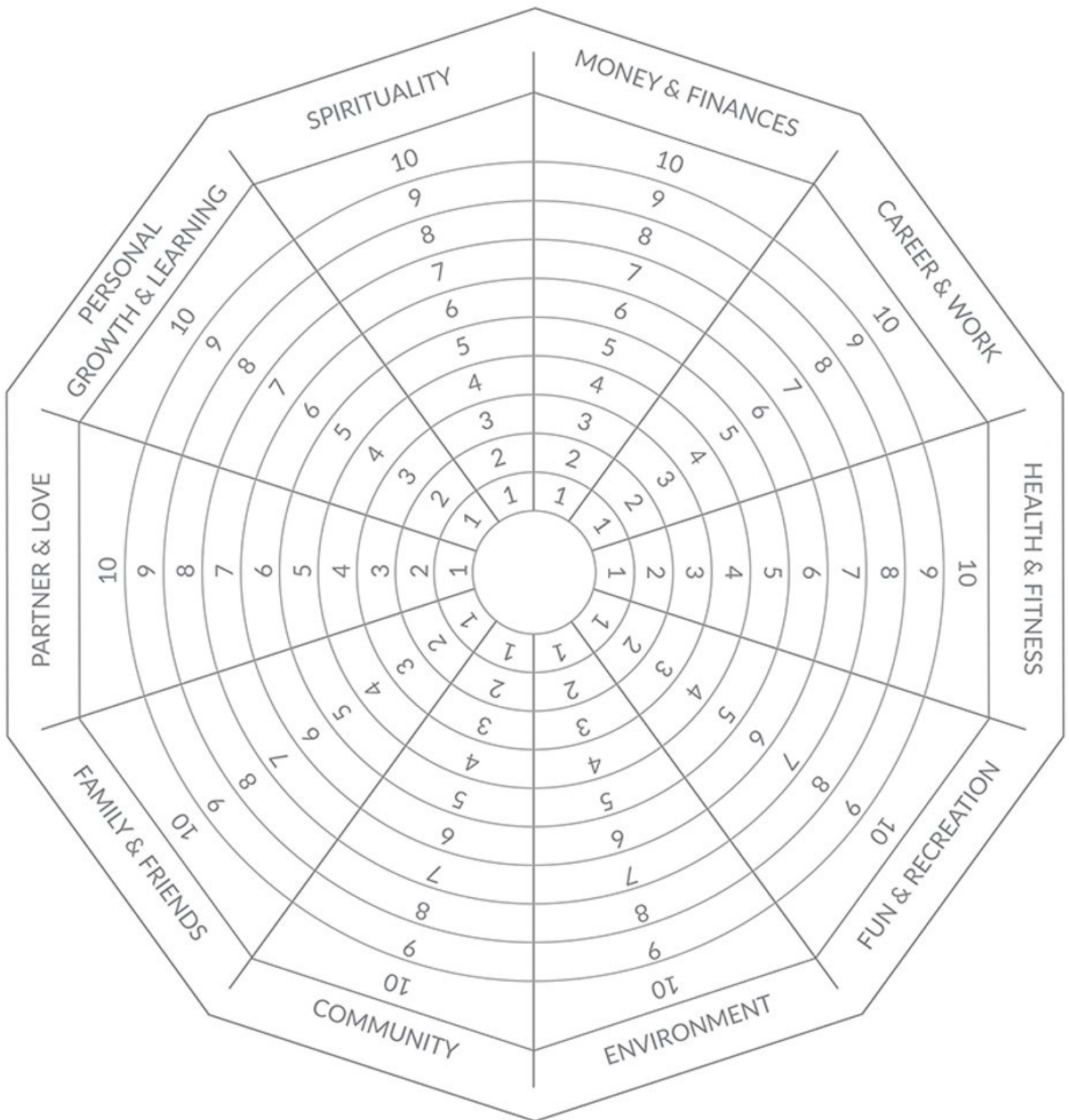
IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it *should* be!



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Name: _____

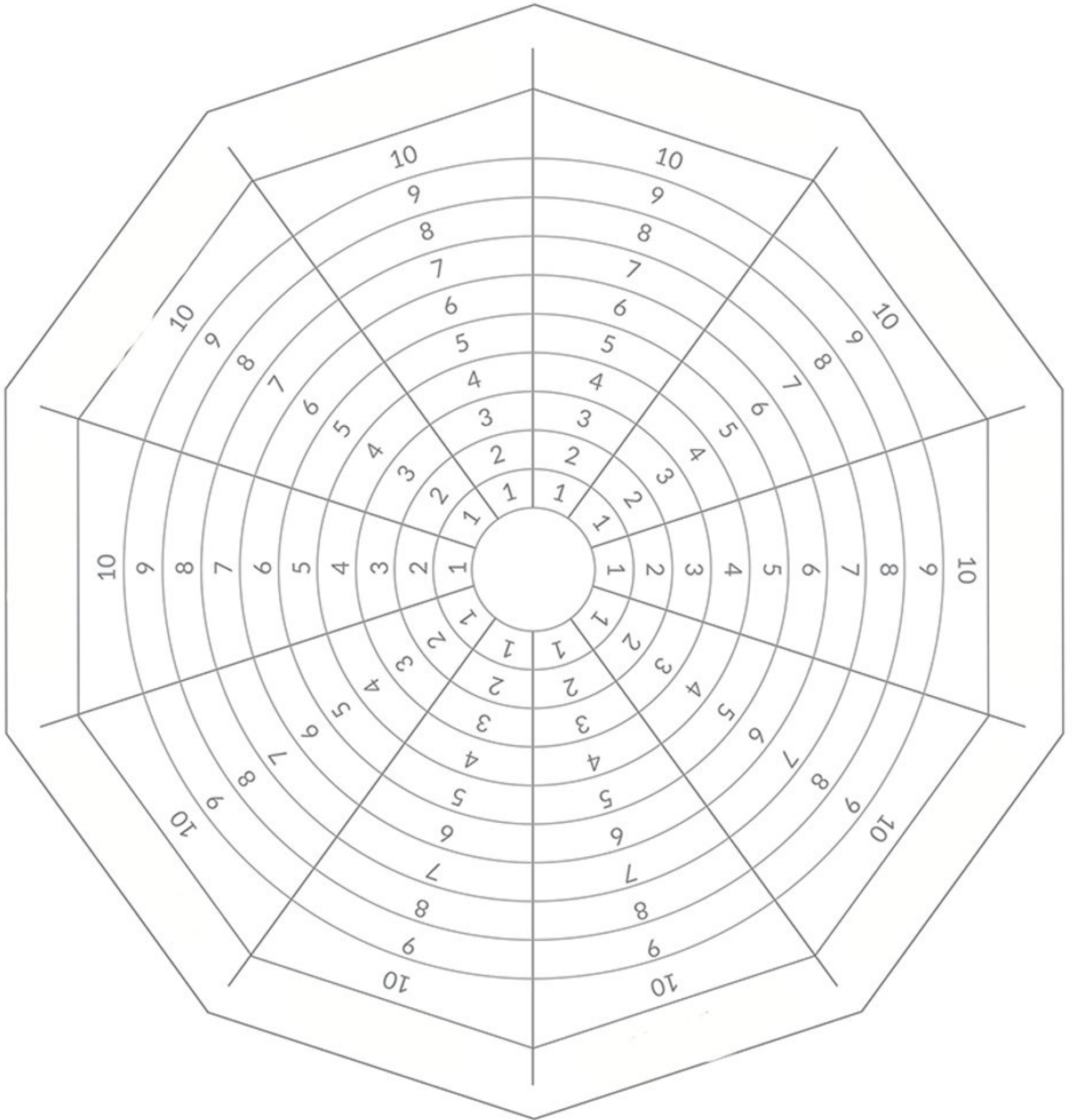
Date: _____



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Name: _____

Date: _____



Progressive Consulting

Progressive Human Development Services

www.Progressive123.com

davidwanner@progressive123.com

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www.Progressive123.com
davidwanner@progressive123.com