

WHEEL OF LIFE EXERCISE

Choose 8 labels from the list at the bottom of this page that best represent the main features either in your life, or ones that you would like to have in your life, and write them in the blank spaces below.

Then assess how satisfied you are in each of these areas by placing a mark on each line.

The centre of the wheel = 0 satisfaction
The outer edge = 10 fantastically satisfied!!!

Place an **X** marking a figure between 0-10 on each line.

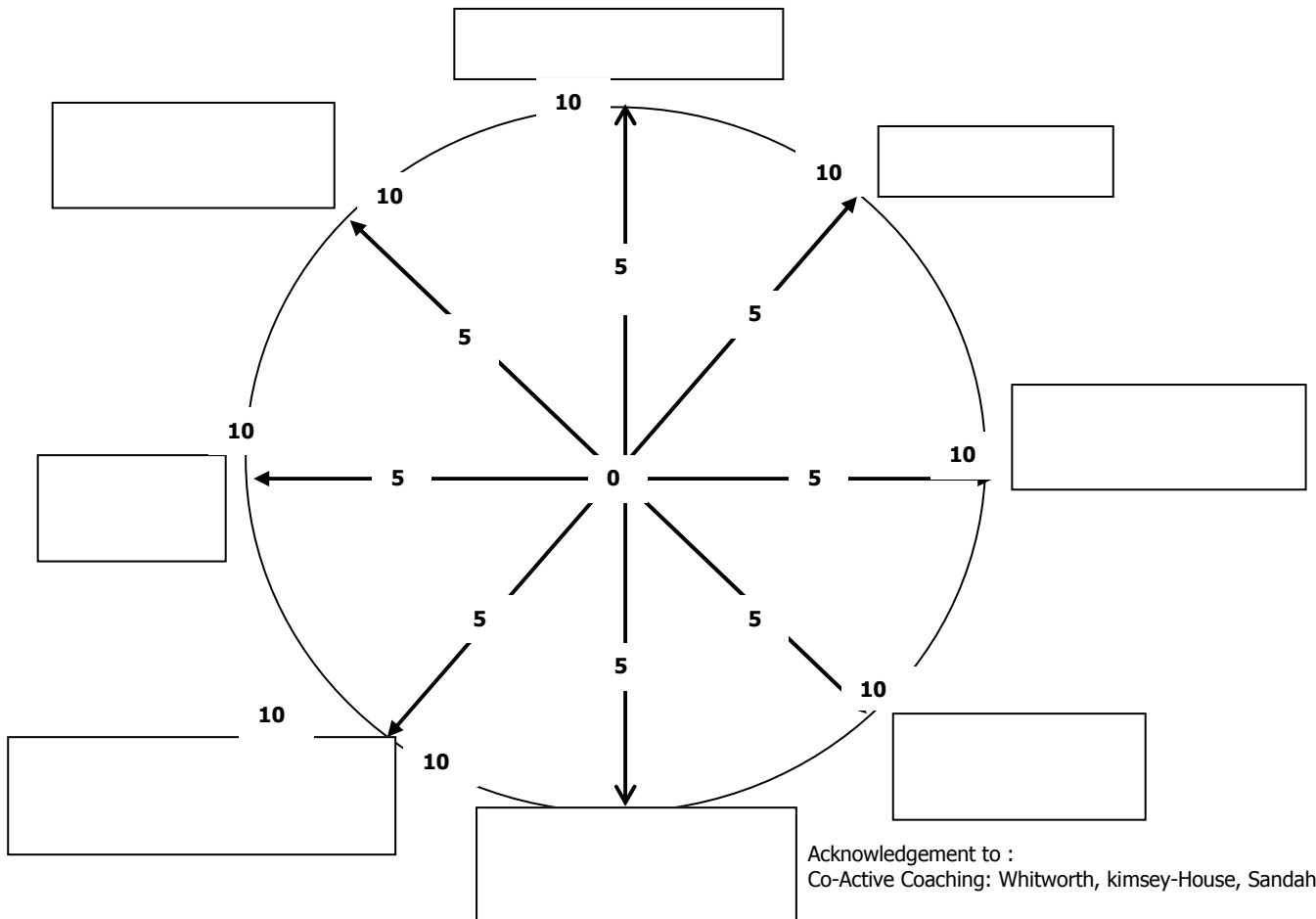
Then draw a line to join up all the Xs.

How bumpy is your life at the moment!!

What steps are you going to take to achieve a higher level of satisfaction? (As your coach I can help you clarify those steps)

Suggested Labels for Wheel of Life

- Home/ Flat environment
- Family
- Friends
- Career / Study
- Hobbies
- Personal development
- Health & fitness
- Money
- Community involvement
- Partner



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