



Create a Vision Coaching

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WHEEL OF LIFE (Instructions)

The sections in the Wheel printed on the next page represent different areas of your life. Please feel free to change it up by splitting or renaming any category sections you wish so that it is meaningful and represents a balanced life for you.

Once you are satisfied with your categories, consider them carefully and rate your current satisfaction with each one on a scale from 0 (not at all satisfied) to 10 (completely satisfied). The centre of the wheel is 0 and the outer edge is 10 with lighter rings between these two points to help you measure. You can complete this exercise by simply drawing a line at the level of your satisfaction in each section or you can shade in the sections with pencils or colored markers or get as creative as you like.

Once you have completed rating and marking each section of your wheel, hold it out at arm's length and consider how it looks overall. The new perimeter of the circle represents your personal 'Wheel of Life'. Does it look like a ride on that wheel would be bumpy or smooth? This may give you some ideas about things you might like to work on with me in our coaching sessions.



WHEEL OF LIFE

