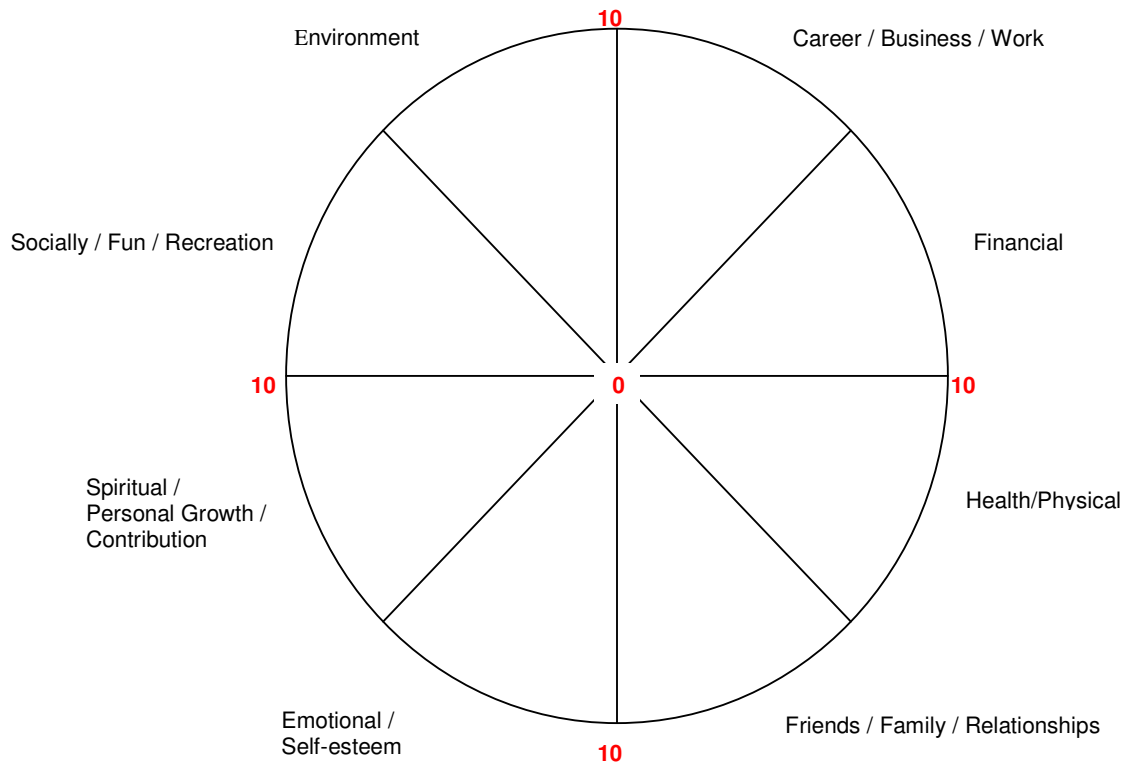


Name:

Date:

## WHEEL OF LIFE EXERCISE



### Directions:

The eight sections in the Wheel of Life represent balance. How satisfied are you with each area? The centre of the wheel represents 0 and the outer edge 10.

**Draw a line in each area to create a new outer edge and write the number to show your current level of satisfaction (see example below).** The new perimeter of the circle represents your Wheel of Life and illustrates how in or out of balance your life is.

**Working with a coach can help you to redress the balance which means that you will feel great about yourself, have more fun, feel more fulfilled, enjoy greater health, improve your wealth, have great relationships ... yes, you can have it all ... you're worth it!**

