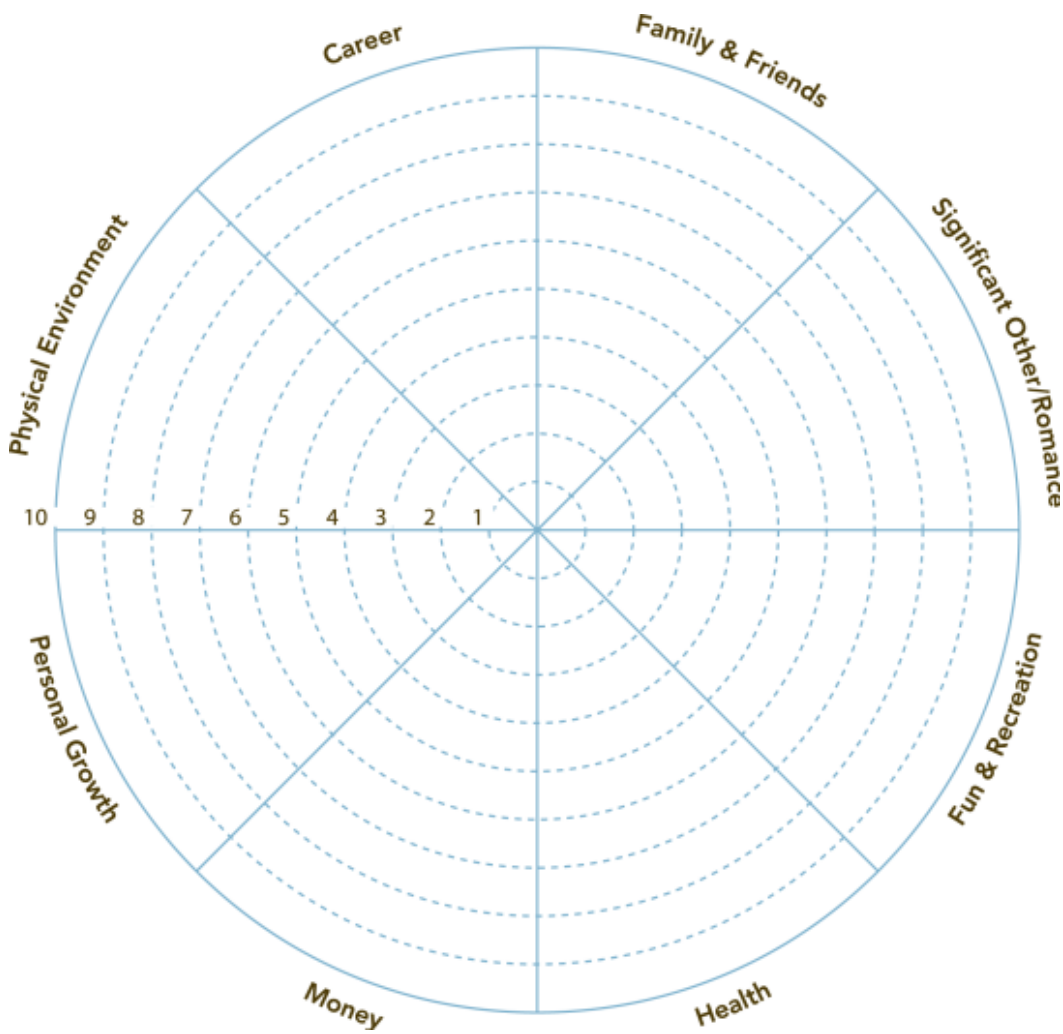


LIONESS LIFE COACHING

DANIELLE MCKENNA



This tool is called The Wheel of Life

- Please rate your level of satisfaction in each of the eight areas. Zero meaning not satisfied and 10 meaning highly satisfied.
- Feel free to use the wheel as you want. For example, you may break the Family and Friends category into two different areas.
- Once you have rated each area, please connect the lines to form an inner wheel to give us an idea of balance and what areas we need to discuss in coaching. (This is not about 10's, its about creating a smoother ride!)
- Please bring it to coaching for assessment
- Also please free to scribble on it as you see fit!

