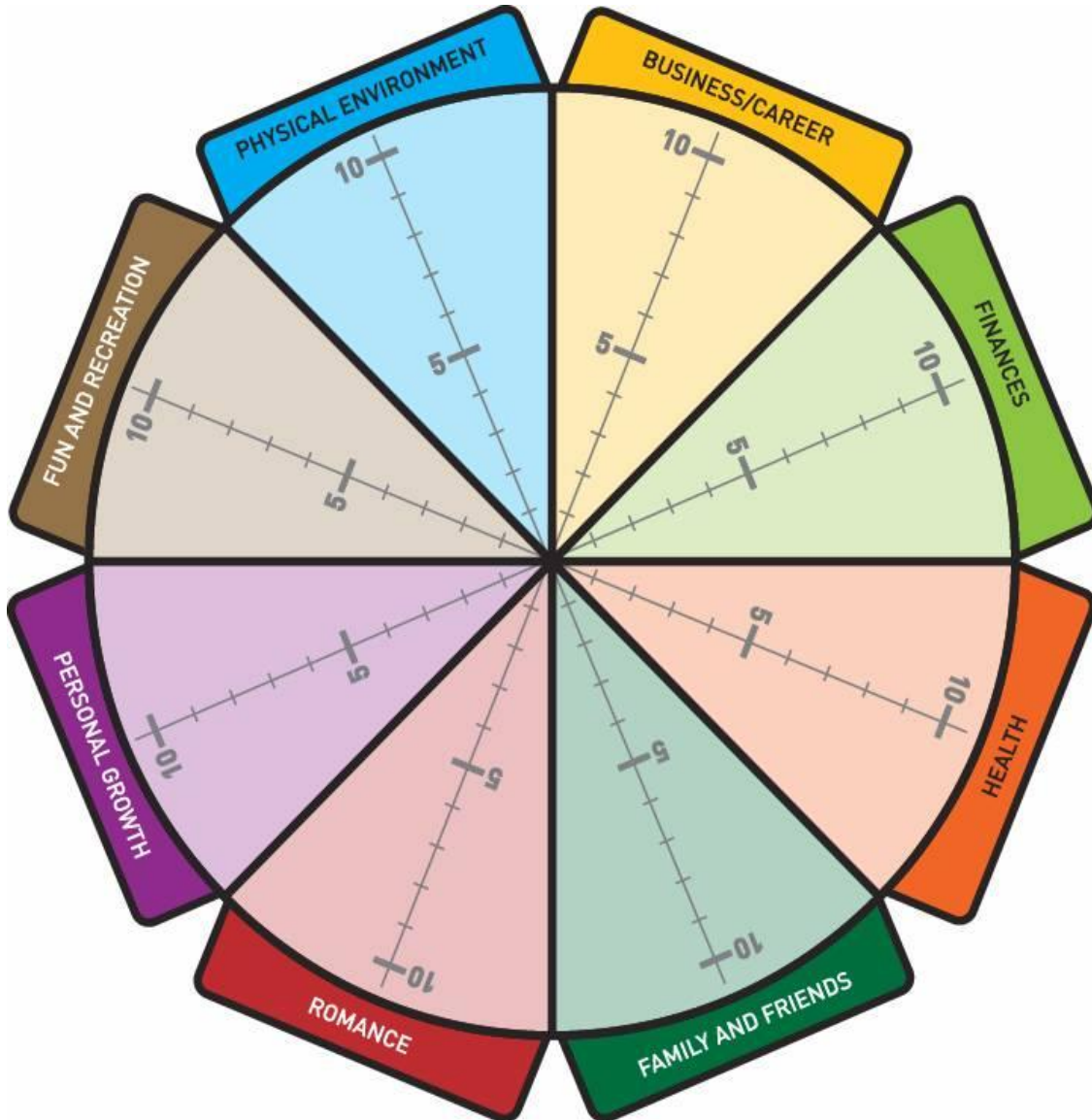




Janet L. Garcia
Authentic Leadership
"Not on my watch Woman"

The Wheel of Life Form



Explanation of Wheel of Life

This Wheel of Life is a highly personal self-assessment tool. (Retrieved from www.startofhappiness.com) If there is a section/category on this wheel that you do not feel is a priority for you, mark it out and replace it with something that *you* value. There are no right or wrong answers. This exercise is meant to bring into focus what you place importance on in your life, and how successful you see yourself in these areas.



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Rate yourself: Take time to mark where you see yourself in each category. Ask yourself, "How satisfied am I with this area in my life?" Rating yourself at a 1 would mean you need to improve in that. Rating yourself as a 9 would identify a strong area that you feel does not need improvement.

Application: After completing this exercise, you will have a visual representation of how you perceive the important areas of your life. You will be able to see whether your life currently lines up with the vision you have for your life. We will use this Wheel of Life exercise to identify the focus of our initial coaching sessions.

Reflection:

Which areas of your life need attention?

What areas of your life are you willing to address now?

What areas of your life would you prefer to address later?

Welcome you in our accountability group. However, if at any time you prefer to get your values higher, I welcome you to book a call for a 30-minute consultation to see if a partnership on-on-one **Coaching Available in Inspire Coaching Institute, LLC – Advancing the Purposeful Woman Program**