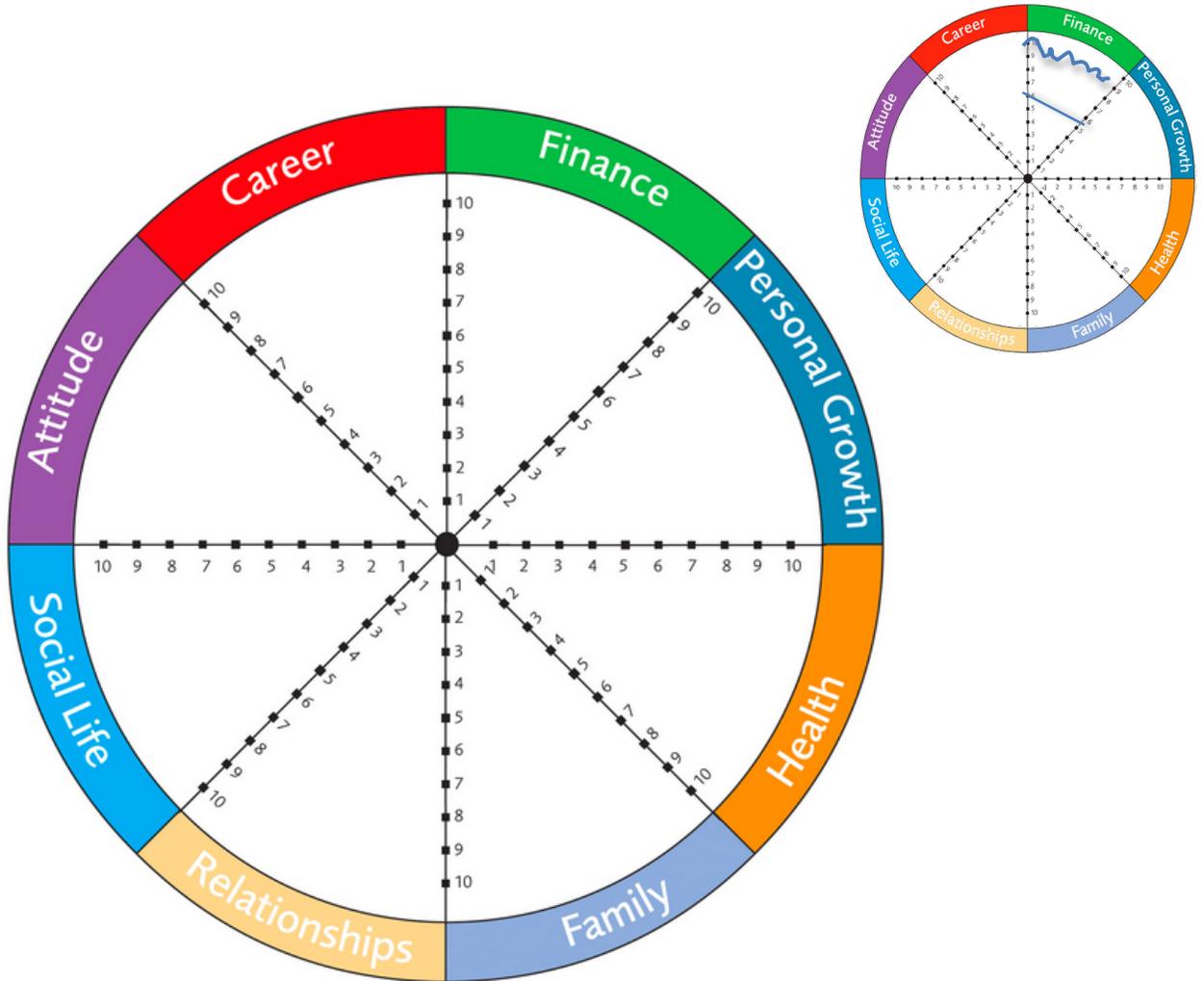


THE LIFE WHEEL ASSESSMENT illuminates what area(s) of your life/work are balanced and which area(s) may need attention. Draw a straight line from number to number across each category that best represents your *current* state. Then draw a jagged line, from number to number, across each category that best represents your *desired* or *intended* state. See Example. 1=low 10=high

NAME:

DATE:



SELF-REFLECTION

- 1- Briefly describe what's currently working in your personal/professional life?
- 2- What's not working in your personal/professional life?
- 3- What does success look and/or feel like to you?
- 4- Based upon your Life Wheel results above, what are your top 3 areas of priority you want to address through coaching?
 - 1-
 - 2-
 - 3-