## 

**EXAMPLE**

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## YOUR NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## C:\! BUSINESS\0.2 THE COACHING TOOLS COMPANY\2. TOOLS FOR COACHES\1.3 TOOLS ON WEBSITE\Wheel of Life - Wheel Image Only.png

## TODAY'S DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COMPLETE THE WHEEL:

1. Review the 8 Wheel Categories - think about what you value most in your life. (Feel free to modify the categories.)

2. Next, draw a line across each segment that represents your satisfaction score for each area.

* Imagine the centre of the wheel is 0 and the outer edge is 10
* Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
* Now draw a line and write the score alongside (see example above)

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!

3. Now do this exercise again in a different color for what you want the number to be for each category.

4. Compare the two lines- is there alignment between what your current reality and what you want? What do you need to start focusing on to gain alignment? What do you need to let go of?