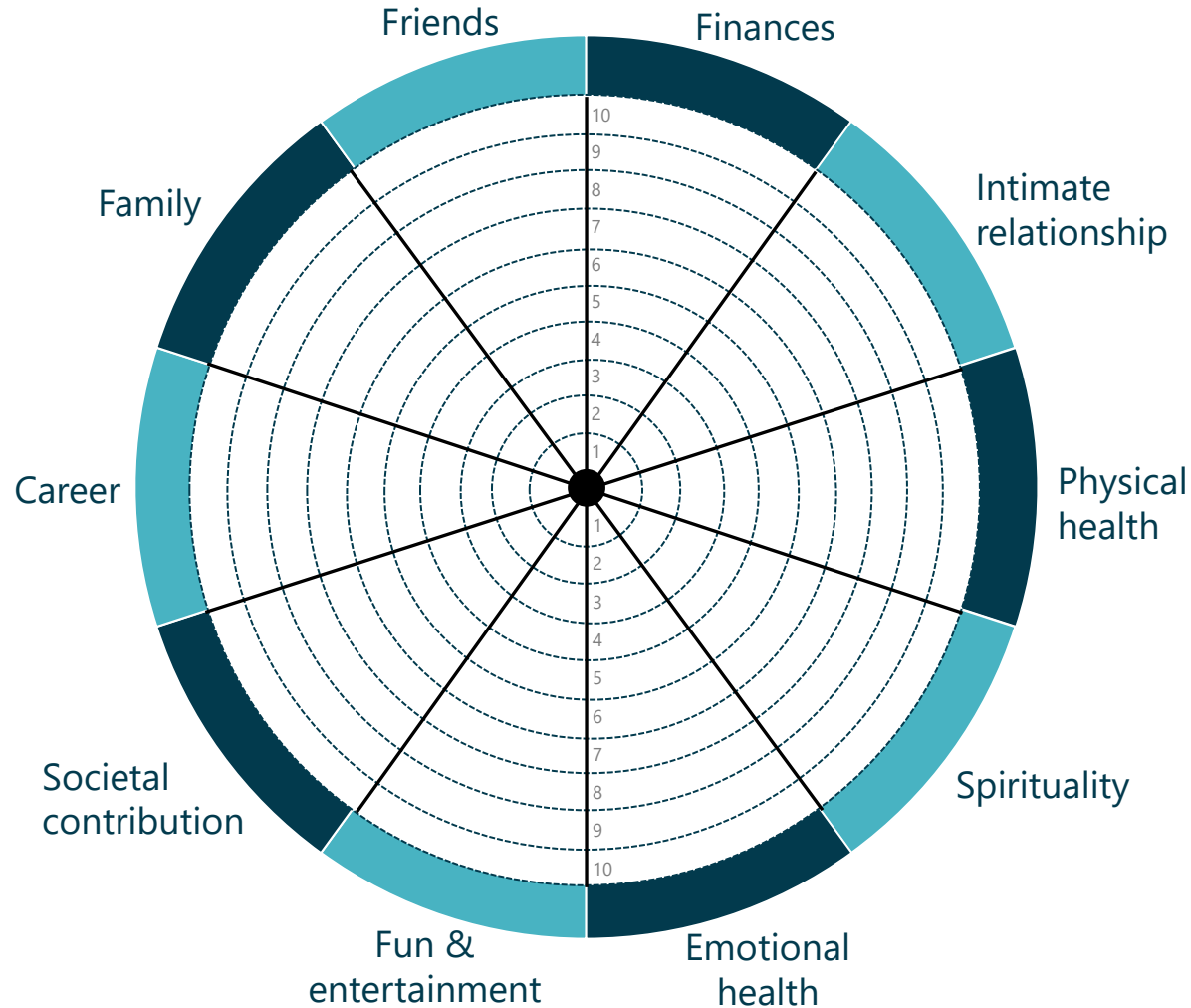
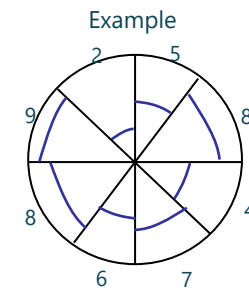


Wheel of Life



Instructions

- The sections in the Wheel of Life represent balance. Balance is personal and unique to each person – what may be balance for some may be stressful or boring for others.
- Feel free to change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 (where 0 is not satisfied and 10 is very satisfied) by drawing a straight or curved line to create a new outer edge.
- The new perimeter of the circle represents your 'Wheel of Life'. Is it a bumpy ride?



concept by Paul J. Meyer, Success Motivation® Institute, Inc.

Wheel of Life Self-Coaching Questions

1. Are there any surprises for you?
2. How do you feel about your life as you look at your Wheel?
3. How do you currently spend time in these areas?
4. How would you like to spend time in these areas?
5. Which one of these elements would you most like to improve?
6. How could you make space for these changes?
7. Can you effect the necessary changes on your own?
8. What help and cooperation from others might you need?
9. What would make that a score of 10?
10. What would a score of 10 look like?