

Wheel of Life Exercise

A tool to help you consider what's important to you, and where you want to focus

Directions:

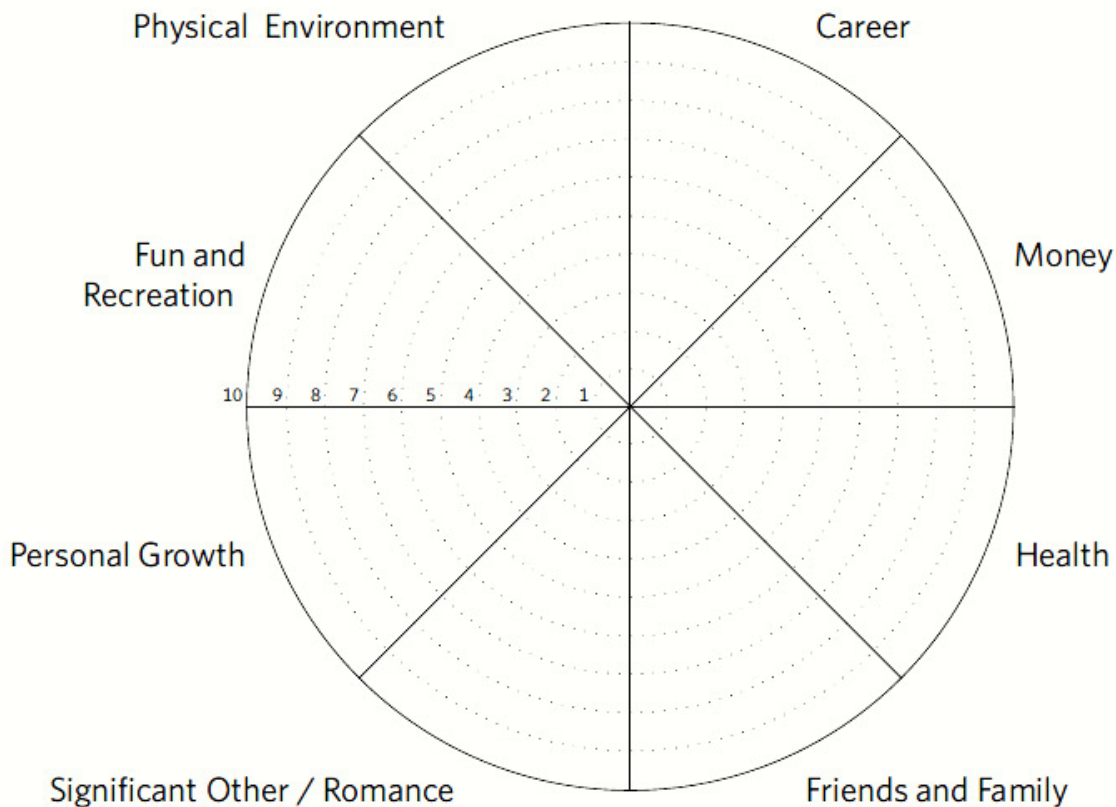
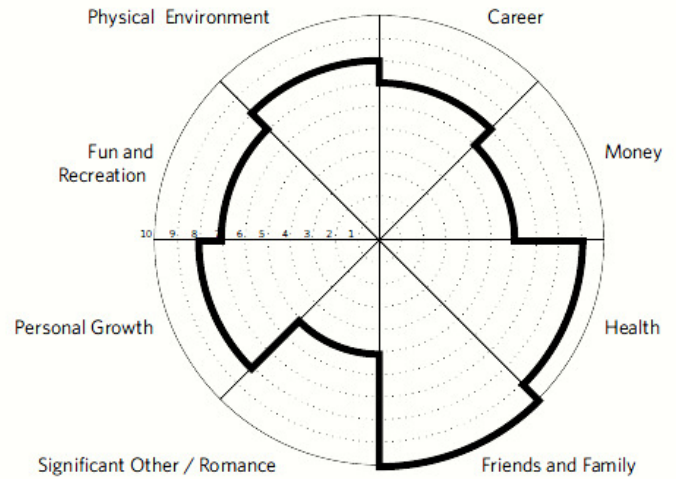
This wheel contains eight sections which, together, represent one way of describing a whole life. This exercise measures your level of satisfaction in these areas on the day you work through this exercise.

Taking the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter represents your Wheel of Life.

How bumpy would the ride be if this were a real wheel?

Let's start our coaching by looking at areas where you want to improve your level of satisfaction. Together we can explore what you might do to accomplish that.

At right is an example.



From: Co-Active Coaching (2nd ed.) © 2007 by Laura Whitworth, Karen Kimsey-House, Henry Kimsey-House, and Phillip Sandahl.

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