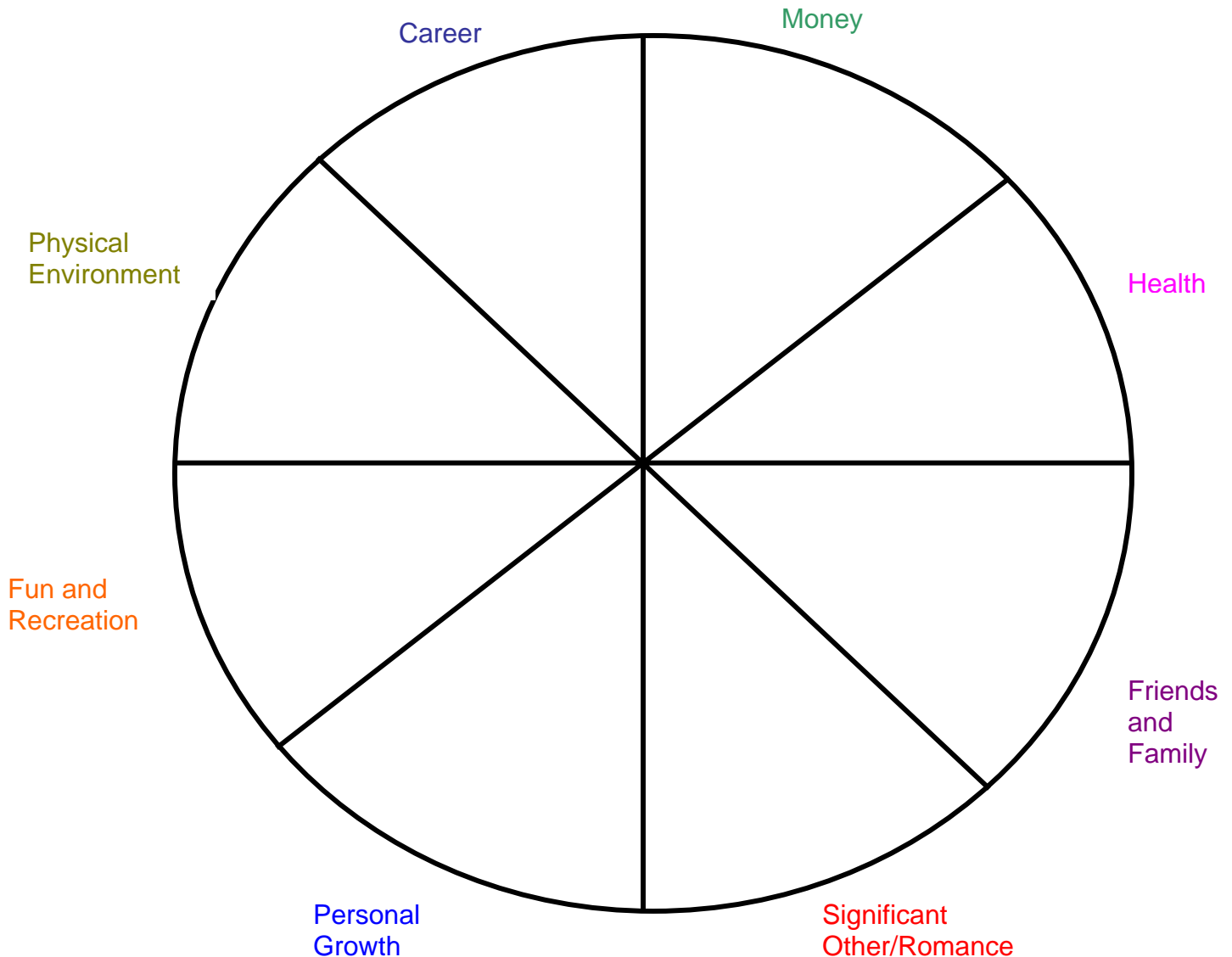


The Wheel of Life

From Co-Active Coaching Model, Coaches Training Institute

The wheel is commonly used to clarify how we are living our vision or our life balance. This wheel focuses on how balanced your life is currently. The Wheel of Life is a great way to unlock the door to what is really going on in your life and how day-to-day tasks can distract you from your life's goals and dreams.

Directions: Score (0-10) how satisfied you feel in each of these competencies. 0 starts at the center of the wheel (no satisfaction), 10 is at the edge of the wheel (Highly satisfied). As you rate yourself, choose the number that represents where you are today-not where you have been or where you want to be.



After you complete rating each part of the wheel, think about these questions:

- How balanced is your life?
- If this were an actual wheel, how bumpy would the ride be?
- What did you discover?
- Where are you dissatisfied?
- What prevents you from having what you want?
- Do you want to take action and create more balance?