

Wheel of Life

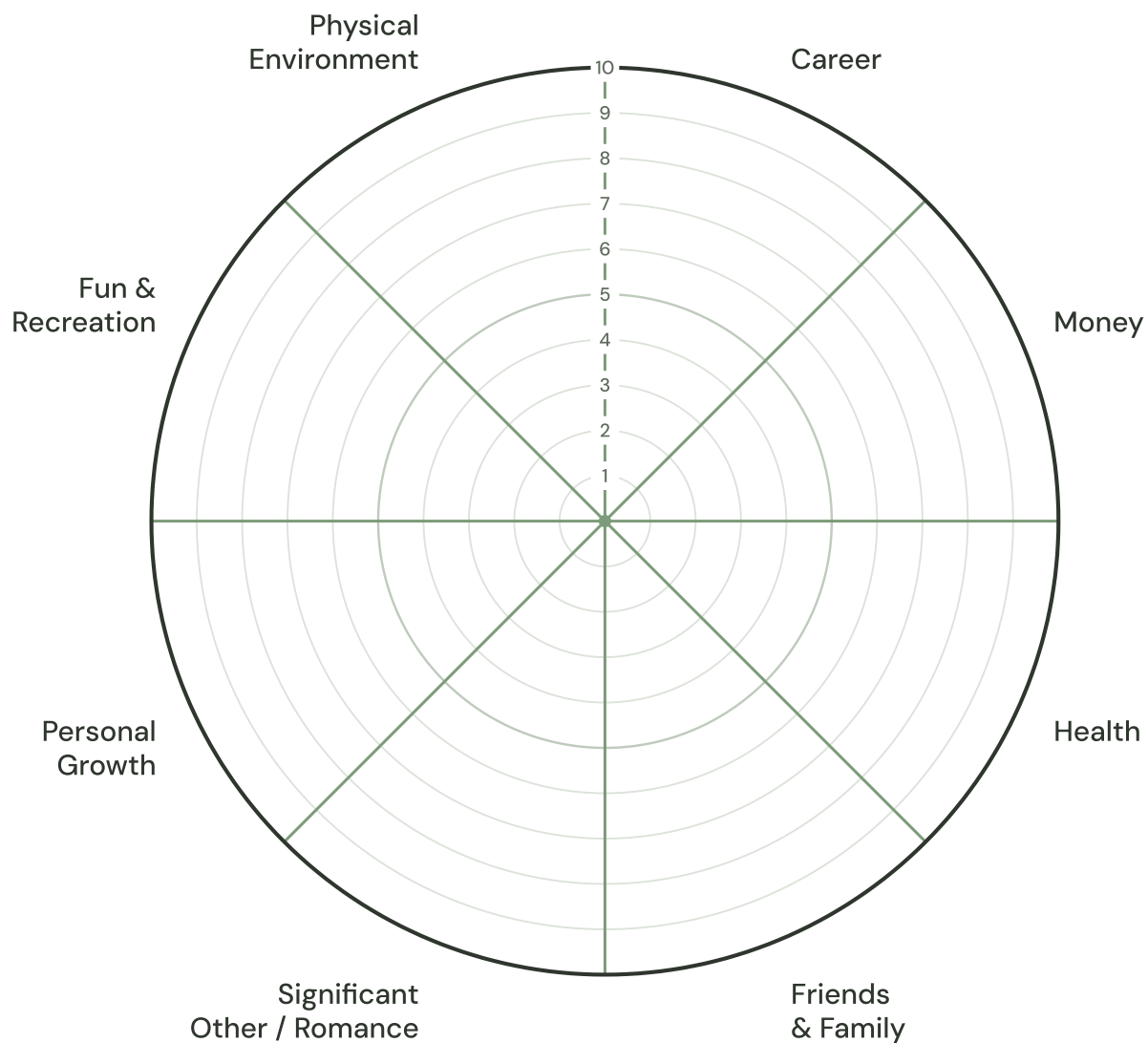
How satisfied are you with each area of your life right now?

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Name _____

Date _____

- 1 Read each area. If one doesn't fit your life, cross it out and write your own.
- 2 Treat the center as 1 and the outer edge as 10. Ask: how satisfied am I with this area right now?
- 3 Shade each section from the center out to your score. Go with your first instinct.
- 4 Step back and look at the shape. Then turn the page.



Areas based on the Co-Active Coaching Wheel of Life (Kimsey-House, Kimsey-House & Sandahl). Wheel of Life is a trademark of the Meyer Resource Group.

Reading your wheel

Look at the shape first. Then let these questions guide the conversation.

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Questions to explore

NOTICE

- What stands out to you when you look at this?
- Which score surprised you?
- Where does the wheel feel fullest? Where does it feel thin?

UNDERSTAND

- What has kept this area where it is?
- What would make this score one point higher?
- If one area improved, which would lift the others with it?
- Is there an area where a lower score is fine for now?

CHOOSE

- Which area do you most want to work on, and why that one?
- What would one point higher look like in an ordinary week?

A lumpy wheel is normal.

Balance isn't always the goal. Some seasons call for focus in one place. The wheel shows where to talk, not what's wrong.

NOTES

Choose a focus

The area I want to work on

Score today

Aiming for

One point higher would look like

My first step, and by when

Who or what could help

Check in again

DATE

AREA

NEW SCORE