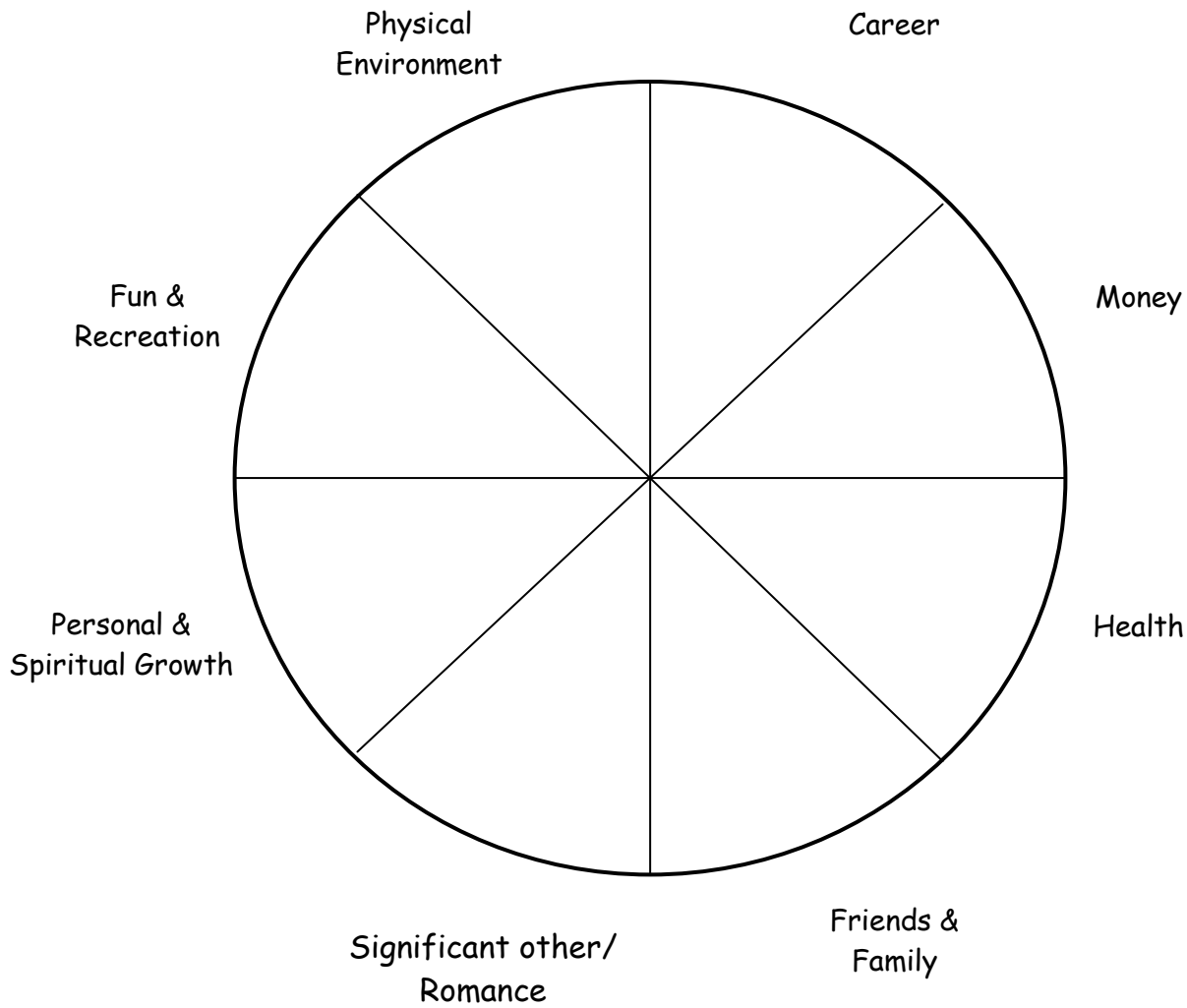
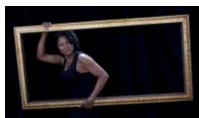


Wheel of Life Exercise



Directions: With 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. The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Where can you improve your level of satisfaction?

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