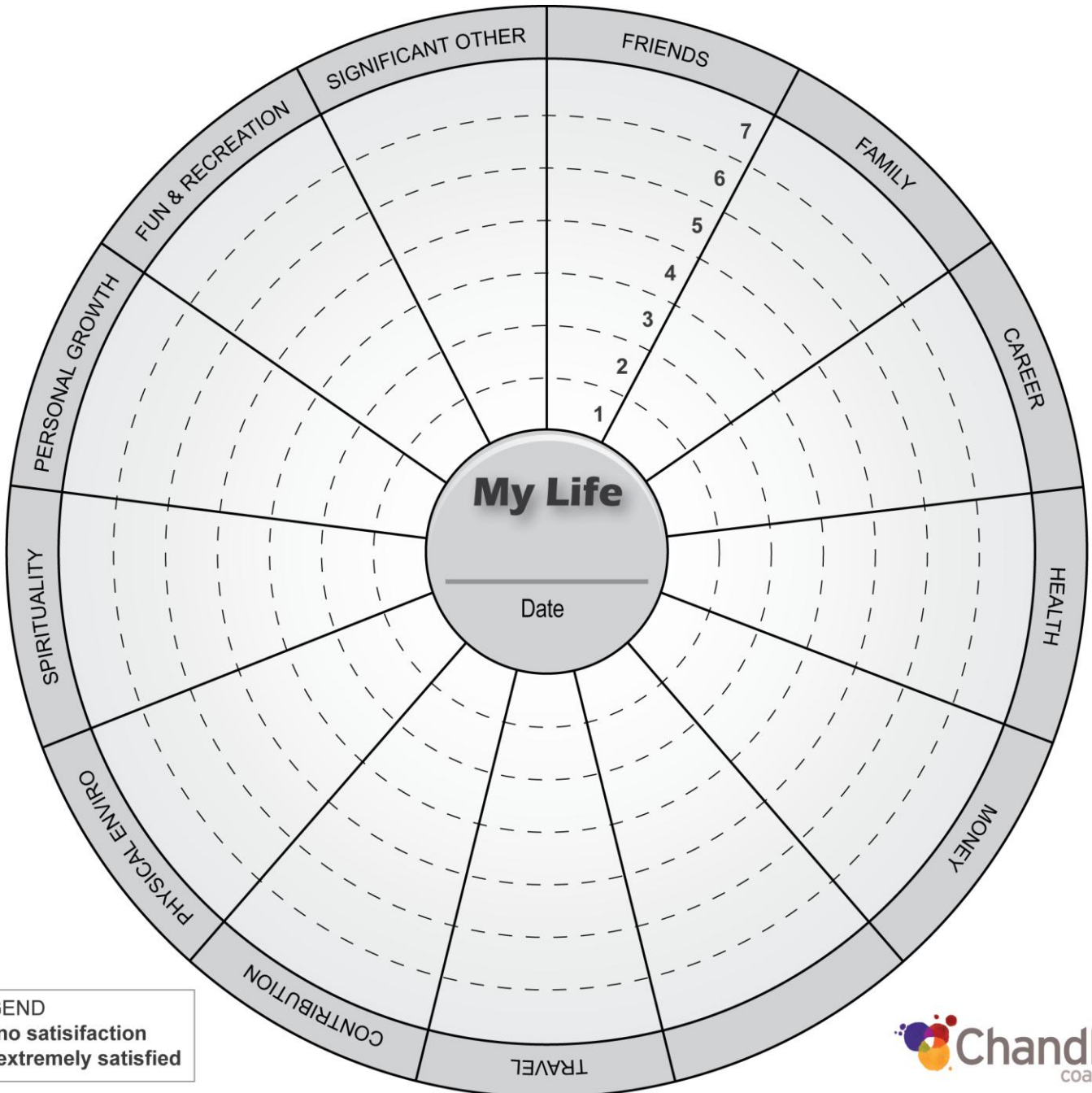


My Wheel of Life

For each life area, without over thinking, assess your current level of satisfaction **AT THIS MOMENT** with the areas of your life.



Adapted from Co-active Coaching and Five.

My Wheel of Life

1

Overall, how well does your “wheel” roll? (0 = it doesn’t ! and 10 = very smoothly)?

2

What’s working really well?

3

What do you want to acknowledge yourself for/ what are you proud of?

4

In what area(s) do you feel stuck/ confused?

5

What’s calling your attention?

6

How committed are you to doing something about this/ these areas?

7

How would you like your wheel to look next time you do it?
