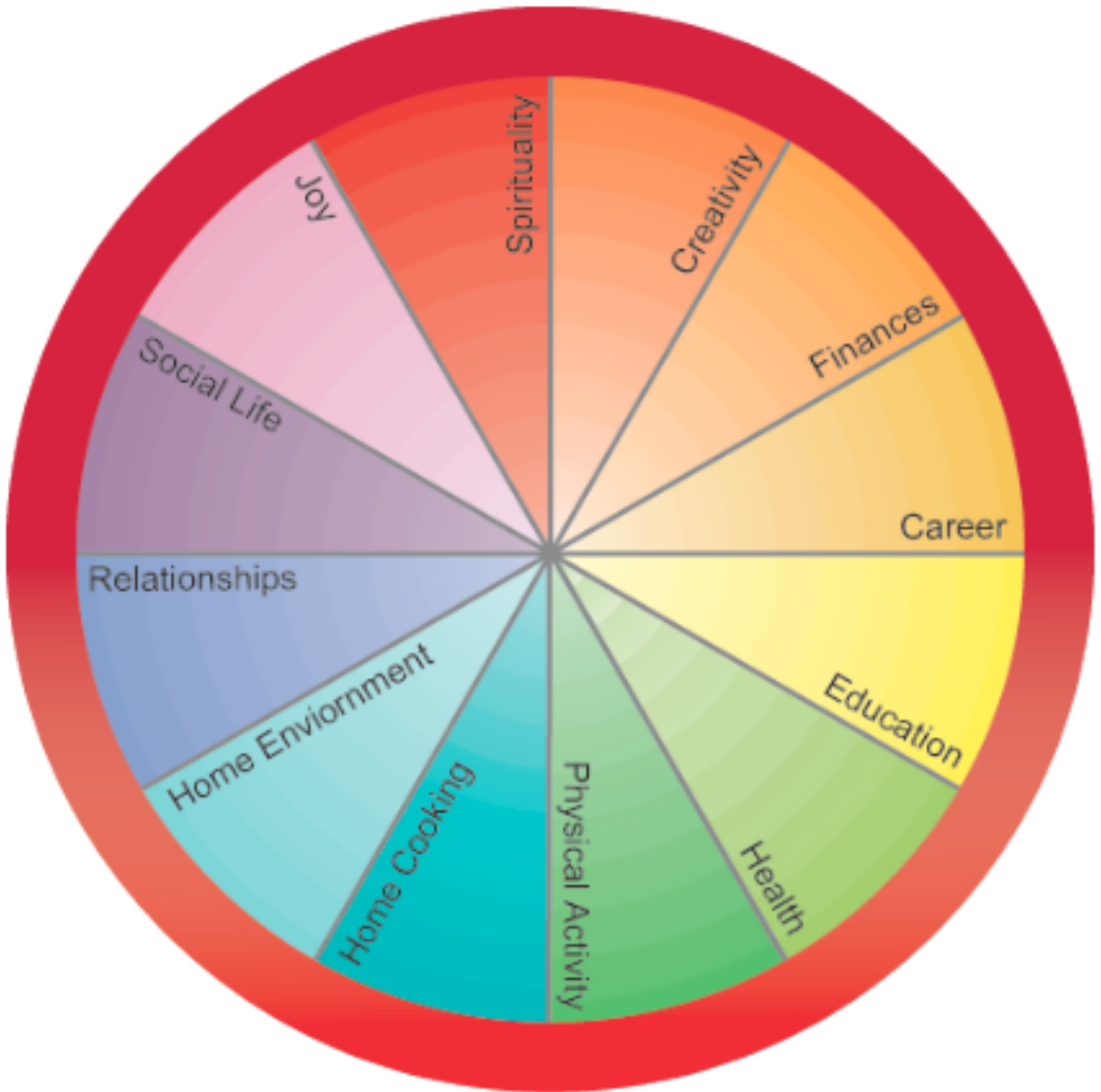


# The Wholistic Wheel of Life

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



# The Wholistic Wheel of Life

Coaching is a blend of exploring, discovery, and learning followed by life-altering action.

1. The 12 sections in the Wheel of Life represent Balance. The center of the wheel is 0 and the outer edges as 10, rate your level of satisfaction with each life area by drawing a straight or curved line to create a new edge. (see example)
2. Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
3. Ask yourself, "What changes to I want to make to increase my satisfaction?" Do this for each life area. Write down 1-3 answers for each section that will significantly alter the quality of your life.

