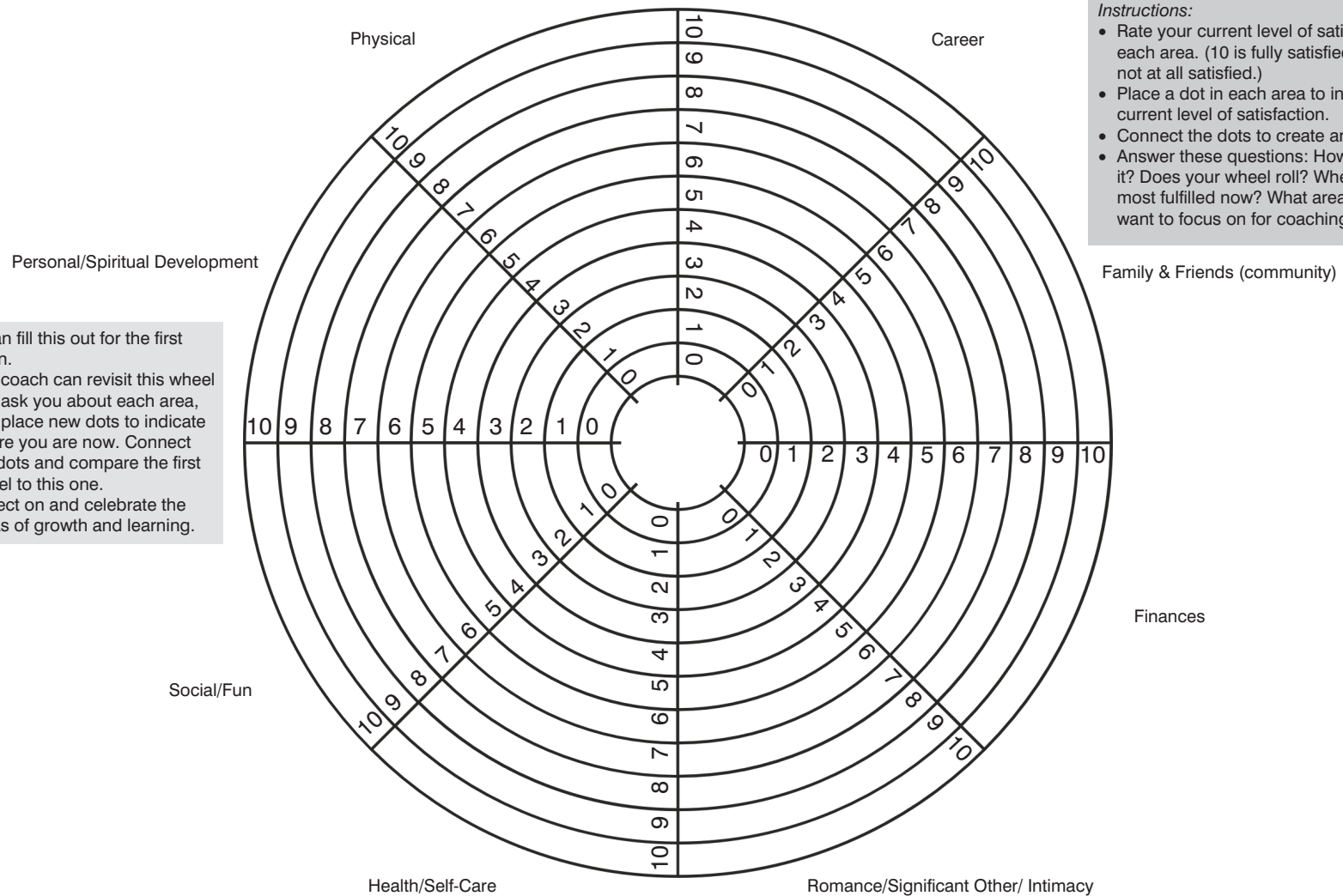


## HANDOUT 5.3

# Wheel of Life



### Instructions:

- Rate your current level of satisfaction in each area. (10 is fully satisfied, and 0 is not at all satisfied.)
- Place a dot in each area to indicate the current level of satisfaction.
- Connect the dots to create an inner wheel.
- Answer these questions: How balanced is it? Does your wheel roll? Where are you most fulfilled now? What area(s) might you want to focus on for coaching work?

You can fill this out for the first session.

- The coach can revisit this wheel and ask you about each area, and place new dots to indicate where you are now. Connect the dots and compare the first wheel to this one.
- Reflect on and celebrate the areas of growth and learning.