

# YOUR WHEEL OF LIFE

The Wheel of Life is a Classic Coaching tool. It comprises 8 areas of your life and shows how when one area is not working well that it impacts all the other areas. This exercise helps you benchmark how well, or not, each area of your life is working right now.

Score how you currently feel about each area on a scale from 0-10. A score of 10 implies complete satisfaction and zero, total dissatisfaction.

Everyone is different and will assign a different score to someone else for a similar feeling. The point is that by assigning your own comparative scores, it highlights the areas you need to focus on. The best way to complete this is quickly and instinctively and not to think about it too deeply!

If you want to, jot down the reasons that you gave yourself the different scores.

Feel free to customise your wheel; for example you might want to add an area such as spirituality/religion or separate Family & Friends into two areas.

Remember this Wheel is about YOU and so don't compare yourself to what others may think a 10 should be. For example, if you are single but happily so, then the Personal Relationship's score would still be high; if as a family your financial situation is good but you have very little financial autonomy, the Finances' score would be low. If you are not working, but you are a homemaker, volunteer or involved in the community, then you might want to relabel the Work/Career segment as Purpose.



	SCORE
Work/Career	
Finances	
Health/Fitness	
Family & Friends	
Personal Relationship	
Personal Growth	
Fun & Leisure	
Your Home	