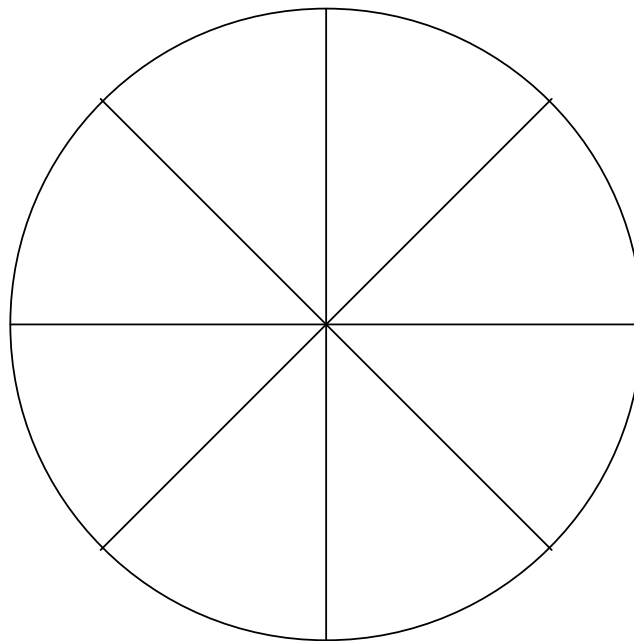


The Wheel of Life Exercise is a classic Life Coaching tool. The point of this exercise is to get you to focus on how you feel and how fulfilled you are currently with different areas of your life, so that you can see, which areas of your life need most attention.

It's a good idea to date this page once you've printed it, so that you can do this same exercise in a few weeks to see if anything has changed.

List and label the pie chart with 8 different areas of your life. E.g. Job, Finance, Health, Relationship, Family, Friends, Purpose and come up with one yourself, that's important to you!



This pie chart represents how you honestly feel about your life. Draw a line **across** in each section. The closer to the centre means that you are extremely unhappy and unsatisfied with this area of your life.

The outer edge of the circle means that you are extremely happy and satisfied with this area. You can colour or shade your pie segments.

What you might notice is that there are a few areas that you're really not happy with. These are the areas that you'd be best dealing with first.

These are the area's that we'll typically be covering first in our coaching sessions. Give me a call to arrange your consultation, oh and bring this along!