

## WHEEL OF LIFE

The wheel shows the eight major areas of your life. Consider the center of the wheel represents 0% and the outer ridge of the wheel represents 100%.

1. Rank your level of satisfaction in each life area. Depict your ranking by filling in that section of the wheel with the appropriate level.
2. Now, ask yourself, "What changes do I want to make to increase my satisfaction?" Do this for each life area.
3. Write down one answer for each section that will significantly alter the quality of your life.
4. Commit to taking some action right now!

Coaching is a two step dance of discovery and learning followed by life altering action.

