



connect on coaching.empowering@gmail.com

Wheel of Life

The Wheel of Life helps you explore and focus on each area of your life and help you find which areas need more attention. Help priorities the areas and gives you an immediate visual representation of how your life is now.

How to use

1. Assess each area of the wheel on a scale of 1 (low) to 10 (high) considering the presently you feel are in that area.
2. Mark the score on the relevant spoke of the wheel. Join up the marks. to see how balanced does the wheel look?
3. Now, pick a time frame, e.g. in 3 or 6 months what will be an ideal score in each area. Some areas may need more attention than others depending on the priorities in your life so aim for an ideal level of attention for each area.
4. Map these on your wheel.
5. Now you'll see your current life wheel and your ideal life wheel.
6. Answer some coaching questions which can lead you to the right way to bridge the gap of current and ideal wheel of life.
7. Pick the areas and set smart goals in the areas that need attention.
8. Plan the actions you need to take to regain balance.

Wheel of LIFE

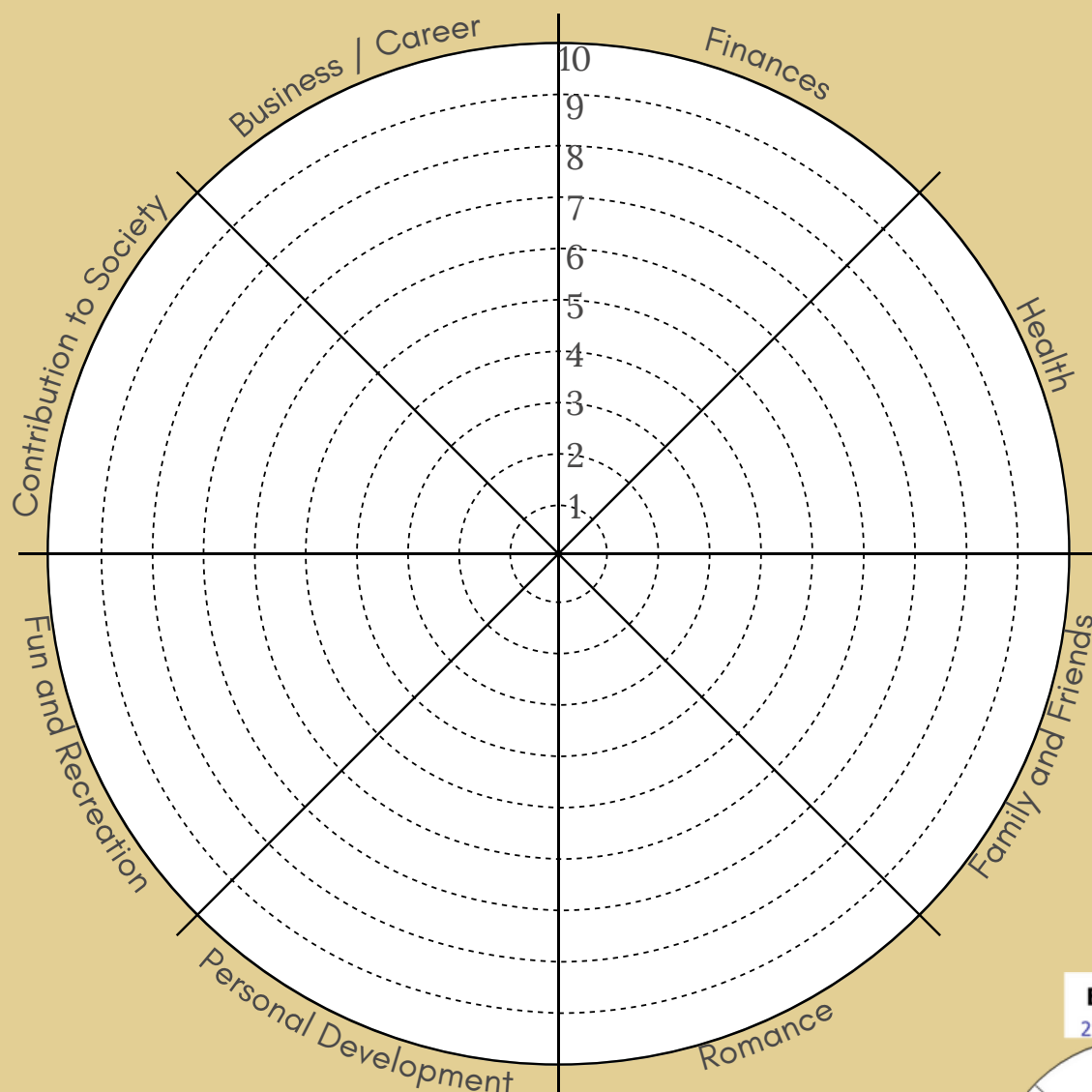


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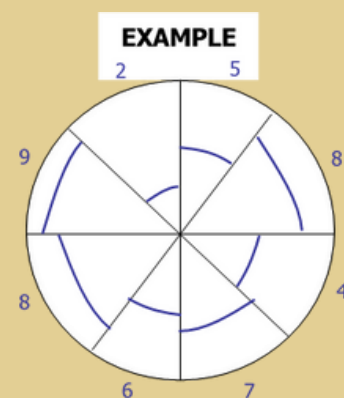
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Think about 8 areas in your life and take this exercise.

The purpose of the Wheel of Life is to help you consider all areas of your life and assess what parts are off-balance.



Other areas:
Environment
Community
Spirituality
Growth & Learning



Wheel of LIFE



What need to happen / what do you need to do, not do or learn to reach to your ideal score in each area on the wheel.

Write down a short statement to describe what that score would look like :

Where do you want to be in the next **THREE MONTHS**?

Family & Friends	Business / Career
Health / Fitness	Fun & Recreation
Personal Development / Spirituality	Finances



After using Wheel of Life as a reference, answer the following questions to reflect.

- When you look at the shape of the wheel, how do you feel?
- How would you like to change the shape of the wheel?
- What surprised you the most?
- Which aspect are you more pleased with?
- Which aspect would you like to improve first?



A coaching session can better help you dive into this and bring out the inner resources.

With coaching expertise you can make goals and action steps for each area.

Know your strengths, bridge the gap between present wheel and the desired wheel.

Book your free exploration call now

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