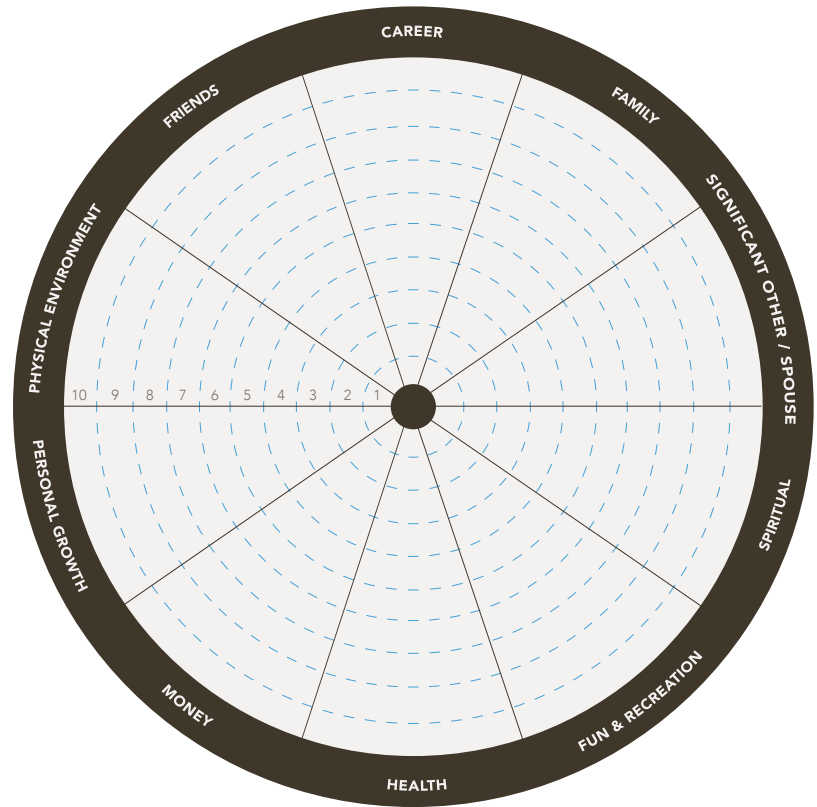




CENTER FOR COACHING EXCELLENCE

Wheel of Life Exercise

The Wheel of Life exercise is designed to help you assess your satisfaction in the various areas of your life. Choose the areas from the list which you would like to assess, and rank your satisfaction in each area on a scale from 1 to 10, with 10 being most satisfied. Then transfer the numbers to the Wheel of Life by shading in each section of the wheel according to your rankings. For example, if you gave yourself an 8 for your satisfaction level in the area of Fun & Recreation, shade in 8/10s of that section on the wheel, beginning from the center. When the chart is complete, you will have a picture of how your life currently compares to how you want your life to be.



Career	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Significant Other / Spouse	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10
Fun & Recreation	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Money	1	2	3	4	5	6	7	8	9	10
Personal Growth	1	2	3	4	5	6	7	8	9	10
Physical Environment	1	2	3	4	5	6	7	8	9	10
Friends	1	2	3	4	5	6	7	8	9	10

“Coaching excellence for lasting influence”

© 2020 Center for Coaching Excellence | All rights reserved