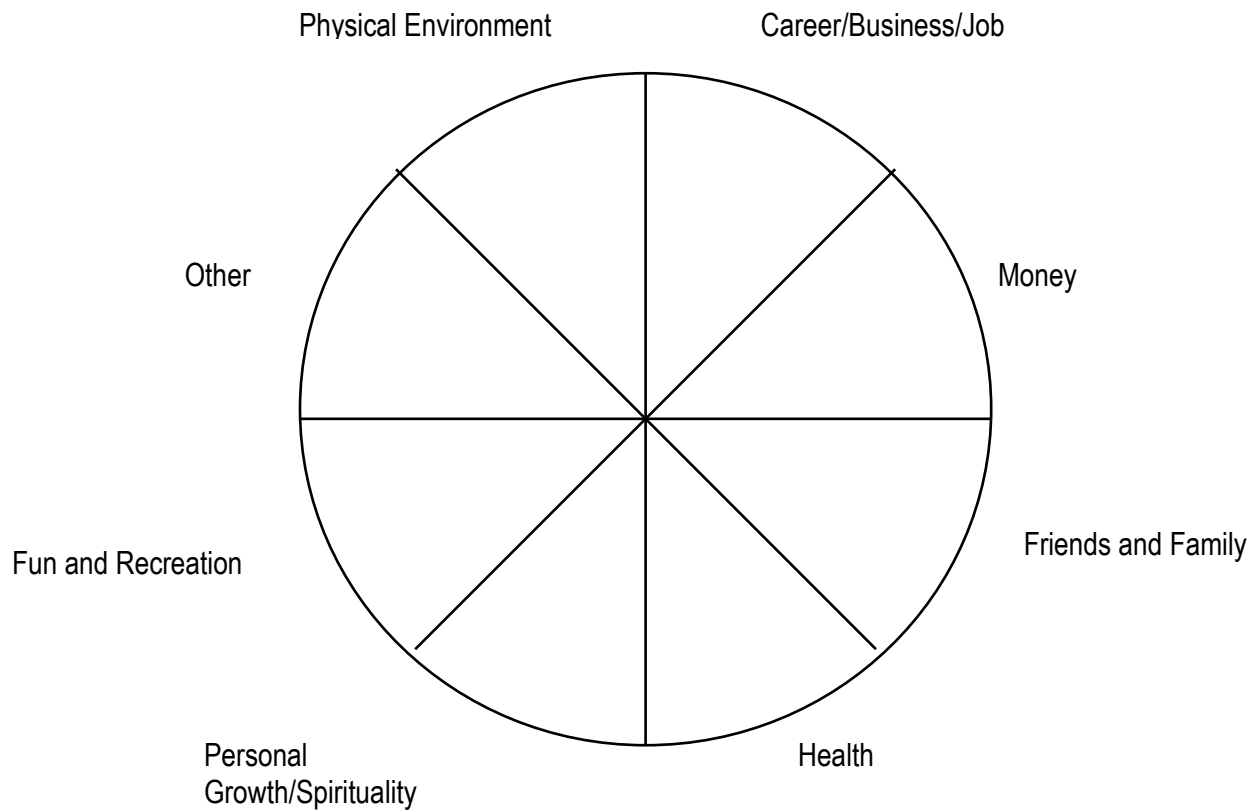


Wheel of Life Exercise

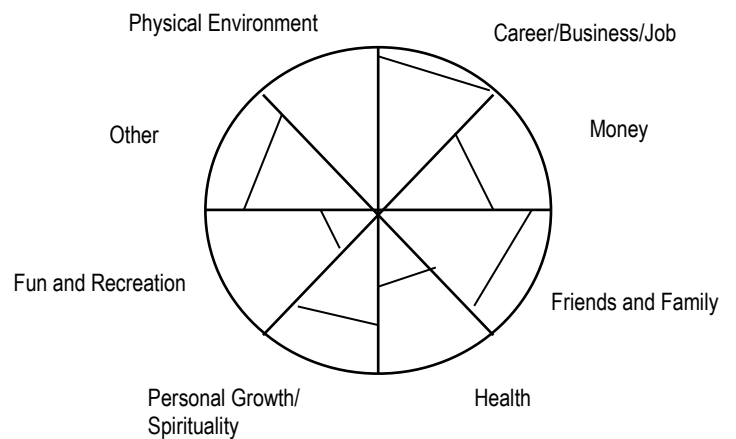


Directions:

The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel as 0 (no satisfaction) and the outer edge as 10 (total satisfaction), rank your level of satisfaction by drawing a straight line to create a new outer edge (see example).

How bumpy would the ride be if this were a real wheel?

Example:



* Used by permission. Adapted from Co-Active Coaching from Laura Whitworth, Henry Kimsey-House, and Phil Sandahl, Davies-Black Publishing 1998