

Live Intentionally

Wheel of Life

The wheel of life is a personal development tool used to identify which areas of your life need improvement.

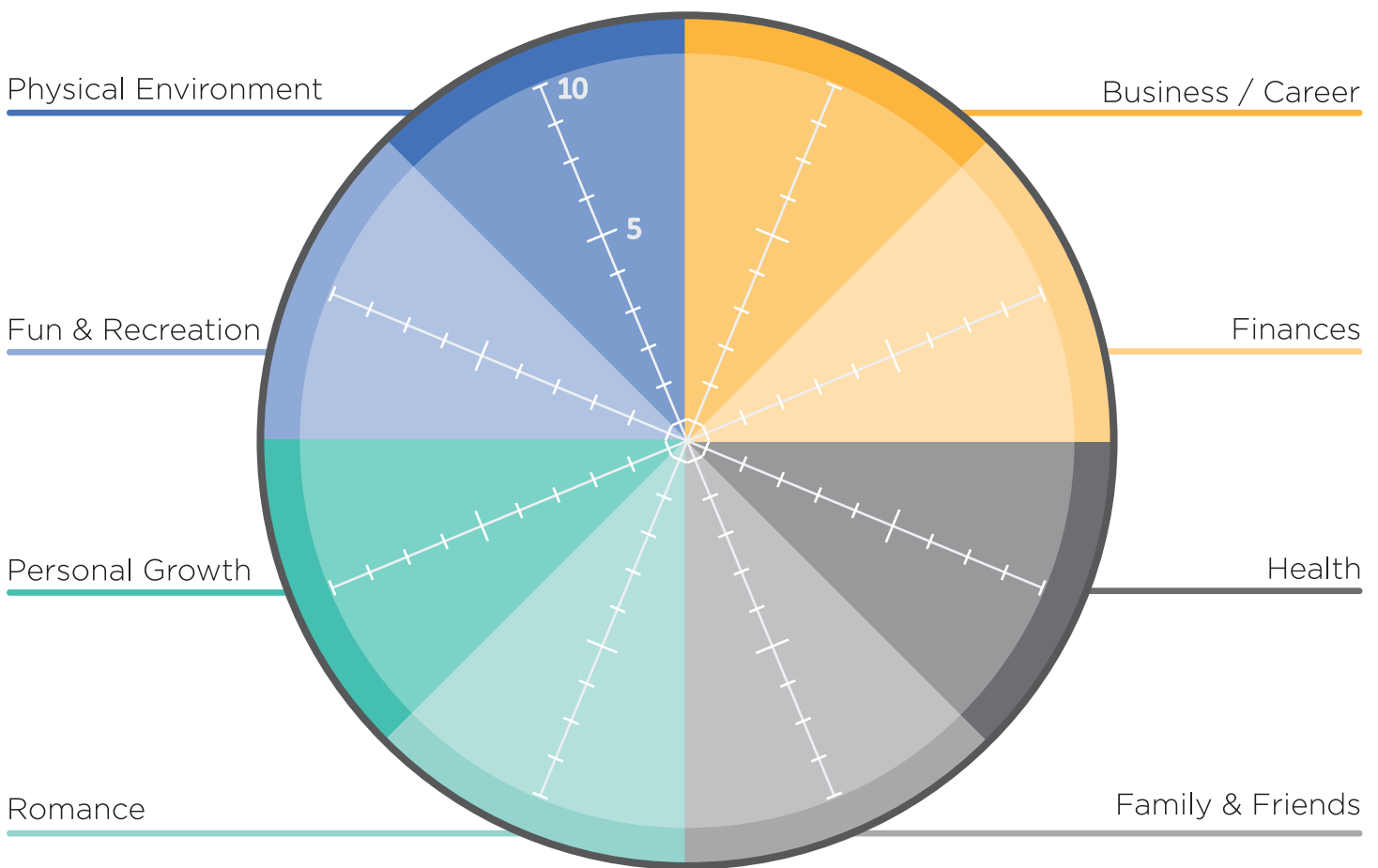
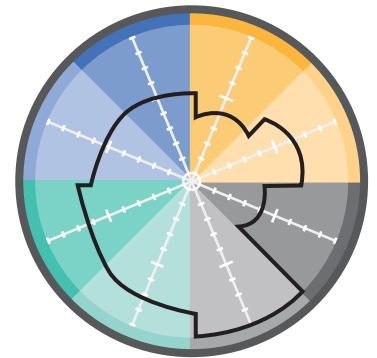
Instructions:

For each category rate your level of satisfaction on a scale from 1-10 (with 10 being the ideal) by drawing a line to create a new outer edge (see example). The new perimeter of the circle represents your wheel.

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

In what areas do you want to experience growth? Set some goals for these areas.

Example



Take coaching for a test drive. Set-up a complimentary session today.

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