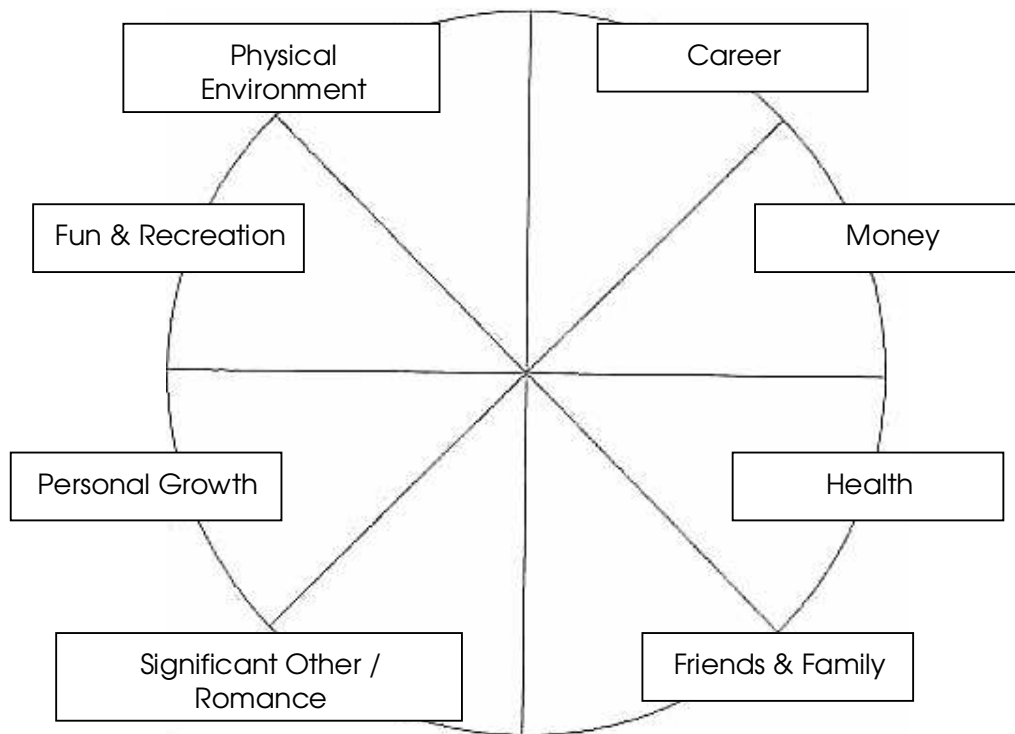


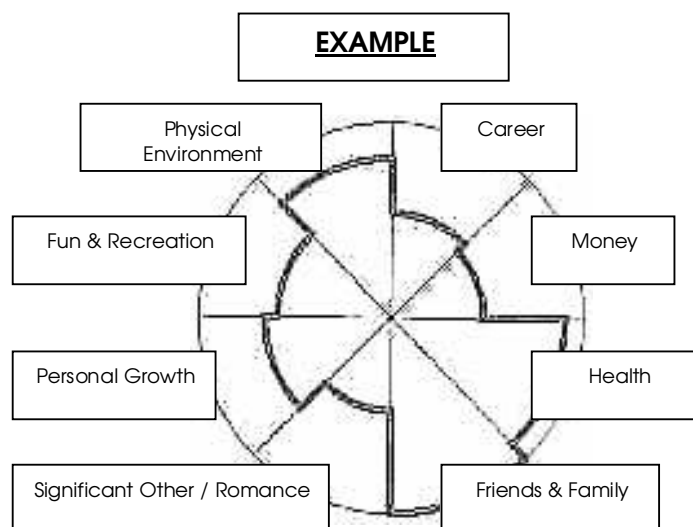


"Coaching: A powerful alliance designed to forward and enhance the lifelong process of human learning, effectiveness and fulfilment."

# Wheel of Life Exercise



**Directions:** The eight sections in the Wheel of Life represent balance. *If you* Regard the centre of the wheel as 0 and the out edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be



With thanks to Laura Whitworth

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**"To live, to love, to learn, to leave a legacy."  
Stephen Covey**