



The eight sections of the Wheel represent balance. Using the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area by drawing a line from one border to the next within that section. The new perimeter of the circle will represent your Wheel of Life. Is it a smooth or bumpy ride?

Wheel of Life Exercise

The Wheel of Life is from Co-Active Coaching; Laura Whitworth, Henry Kimsey-House and Phil Sandahl; Davis-Black Publishing, 1998.