

Preparing For Coaching

Getting ready for the first coaching session

The Wheel of Life

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 for each area on a scale from one to ten, with ten 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 Hobbies and Recreation, shade in 8/10s of that section on the wheel, beginning from the center. When the chart is complete, you will have a visual picture of how your life currently compares with how you want your life to be.

Hobbies and Recreation	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Fitness/Health	1	2	3	4	5	6	7	8	9	10
Friends	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Marriage	1	2	3	4	5	6	7	8	9	10
Spiritual Life	1	2	3	4	5	6	7	8	9	10
Personal Growth	1	2	3	4	5	6	7	8	9	10
Home Environment	1	2	3	4	5	6	7	8	9	10
Career	1	2	3	4	5	6	7	8	9	10
Other	1	2	3	4	5	6	7	8	9	10

