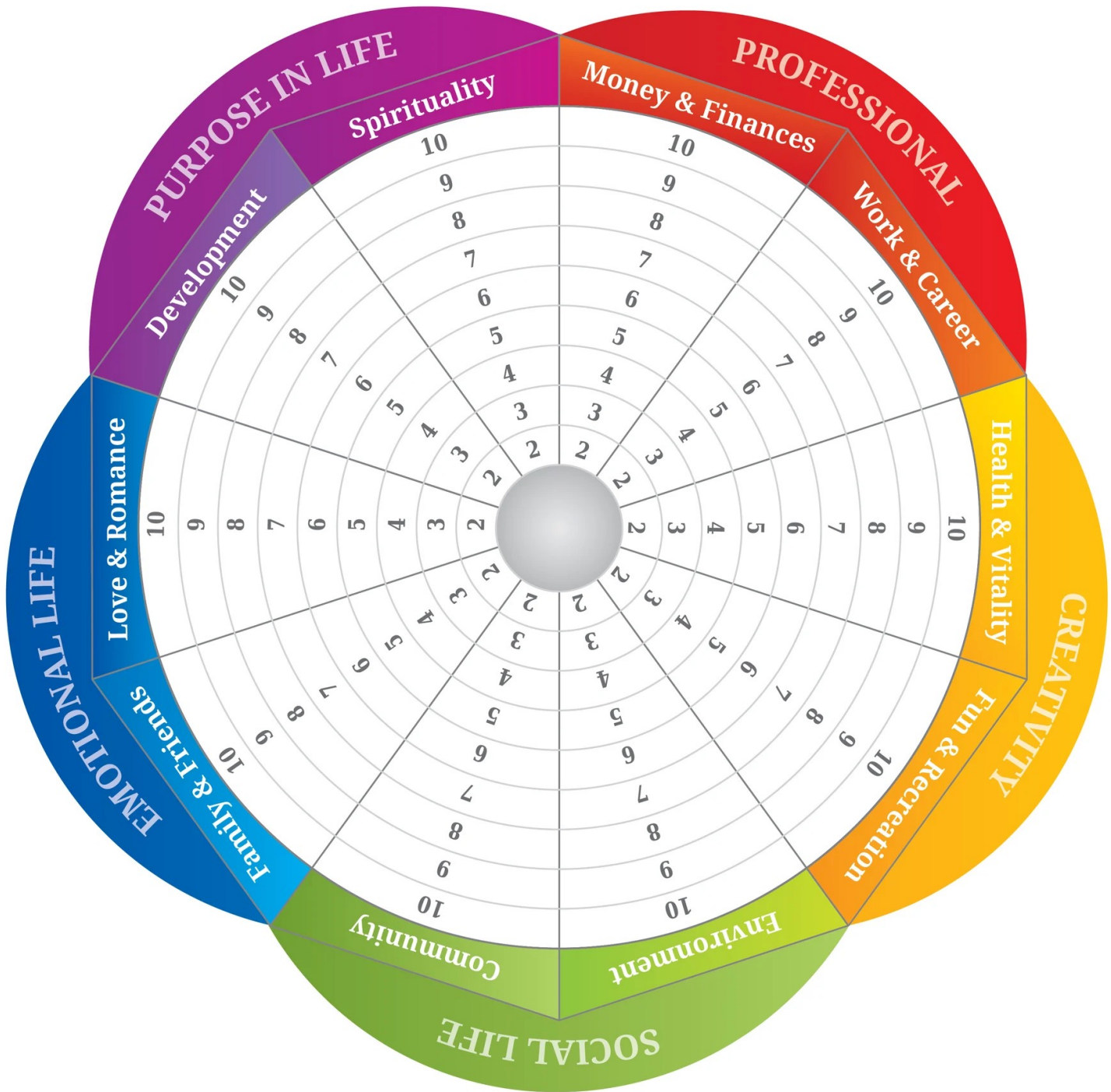


# WHEEL OF LIFE SHEET



## Instructions

1. Review the 8 categories on the Life Balance Wheel.
2. Rank your level of satisfaction with each area of your life by drawing a curved line across each segment
3. The new perimeter of the circle represents your "Wheel of Life".
4. Look at your completed wheel and ask, If this was your Wheel of Life, would it be a bumpy ride?
5. Work with your coach to improve the areas on your life that are causing your "bumpy ride".