

Wheel of Life

Directions: Each sector of the Wheel of Life represents a different area in your life. With 1 meaning complete dissatisfaction and 10 meaning complete satisfaction, rank your level of satisfaction in each area of your life by tracing the section of the dotted line that corresponds to the number you have chosen. When you are finished, you will have a visual of your level of satisfaction in each area of life and a clearer picture of how you and your coach might be able to move forward.

