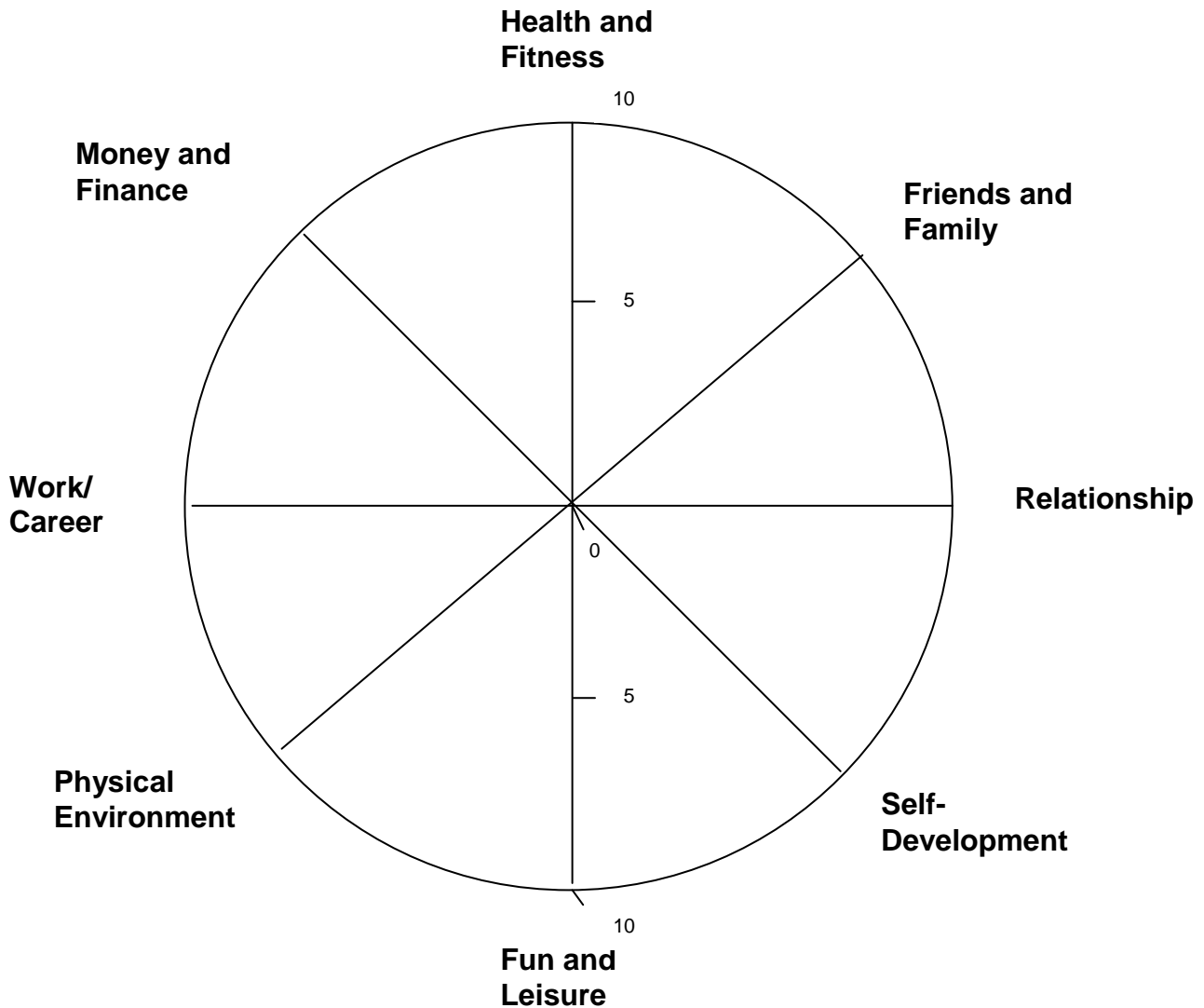


Wheel of Life Exercise



To complete the Wheel of Life Exercise:

1. Print this page.
2. Mark each line, on the scale of 0-10, for how satisfied you are in each aspect of your life (0 is low, 10 is high).
3. Draw a line joining each mark to the next, to create the wheel of your life.
4. Take a moment to reflect on how smooth a ride you are having right now and note below the areas of your life in which you would like to make changes.
5. Click Back on your browser and enter your results in the Wheel of Life Results Form.
6. You will then be contacted to arrange a free coaching session to discuss your results.

Notes:

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