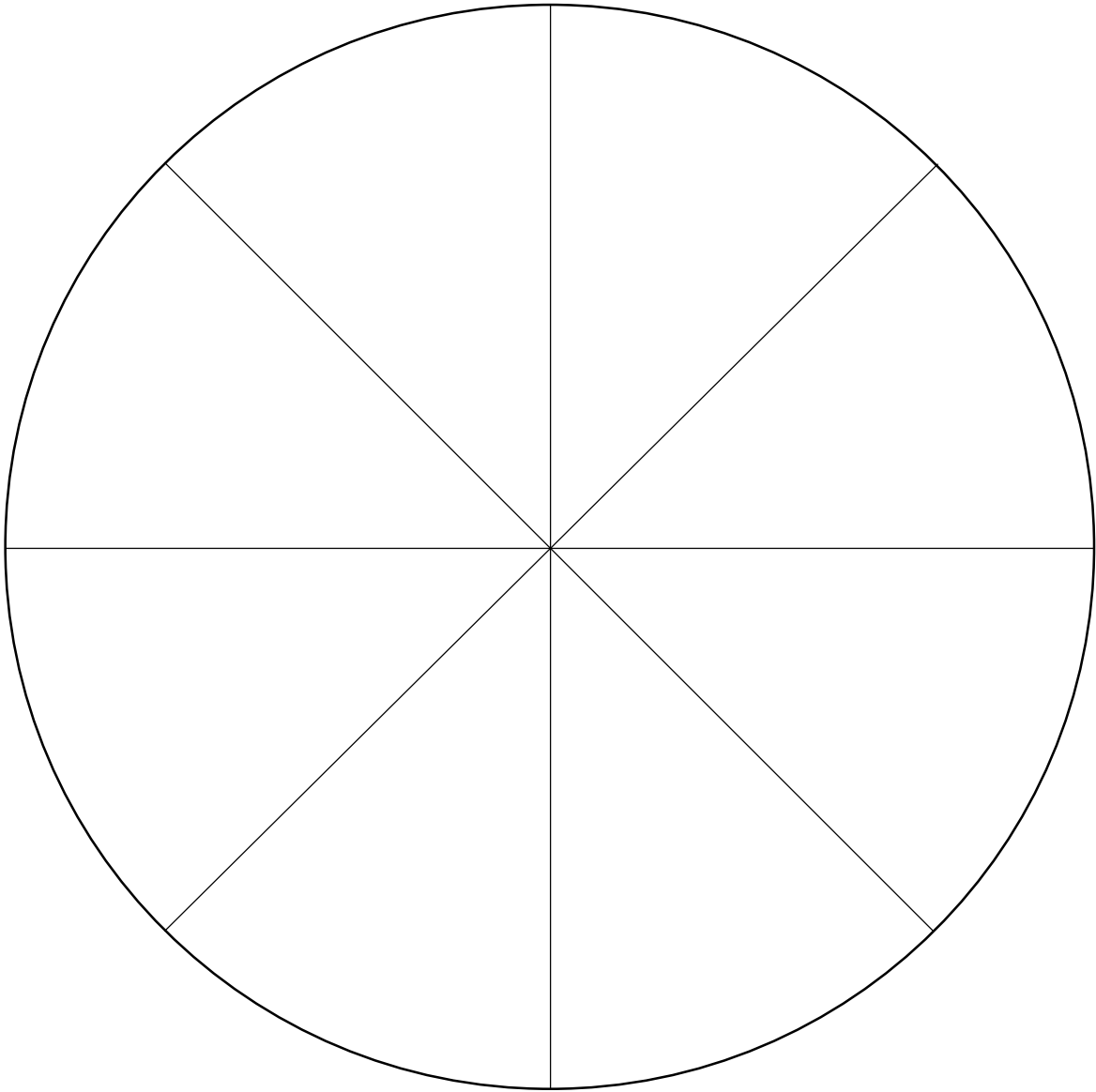


Current Wheel of Life



1. Name each section according to the areas in your life that are the most important to you on both circles (the circles will look like duplicates at this stage).
2. Fill in each area with a scale from 0 (in the middle of the circle) to 10 (on the outer radius of the circle) indicating your current level of satisfaction at present with each.

3. For this circle fill in each area with the same 0 to 10 scale described above. Now indicate where you want your satisfaction level to be in each area in the next 6 months.
4. Bring the filled in wheels to your next coaching session.

Future Wheel of Life

