

## WHEEL OF LIFE EXERCISE (DEVELOPMENT COACHING)

I often use this exercise as a starting point when coaching clients.

Score each segment of the wheel with your current level of satisfaction of that part of your life (see worked example below).

Taking zero (couldn't be worse) as the centre of the circle and 10 (couldn't be better) as the outer edge.....

Let's say you scored Career as a 6. Ask yourself what would need to be different for you to score your Career as a 7. Write down your answers.

What would need to be different for you to score your Career as an 8? Again write down your answers.

And again, what would need to be different for you to score a 9?

You can do this for all 8 segments.

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You will find that all your answers are potential goals for you.

The achievement of these goals will significantly improve your life.

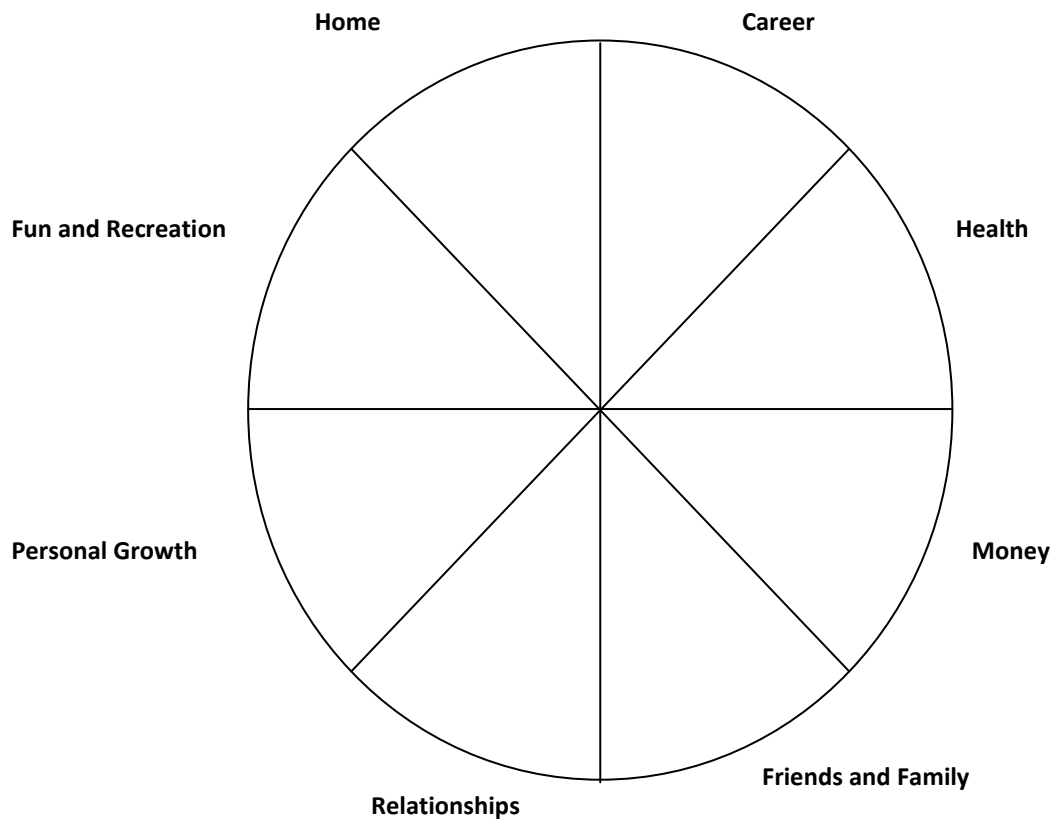
However you may find that you have a large number of goals, and you cannot concentrate on all of them at once.

I suggest that you pick three goals to concentrate on.

***Which 3? Well those which excite you the most!***

What are my 3 significant areas to work on from the Wheel of Life?	How will these improve my life?	How will your development coach support these?
1.		
2.		
3.		

## WHEEL OF LIFE EXERCISE – Worked Example



Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example below). The new perimeter of the circle represents the Wheel of Life. ***How bumpy would the ride be if this were a real wheel?***

