



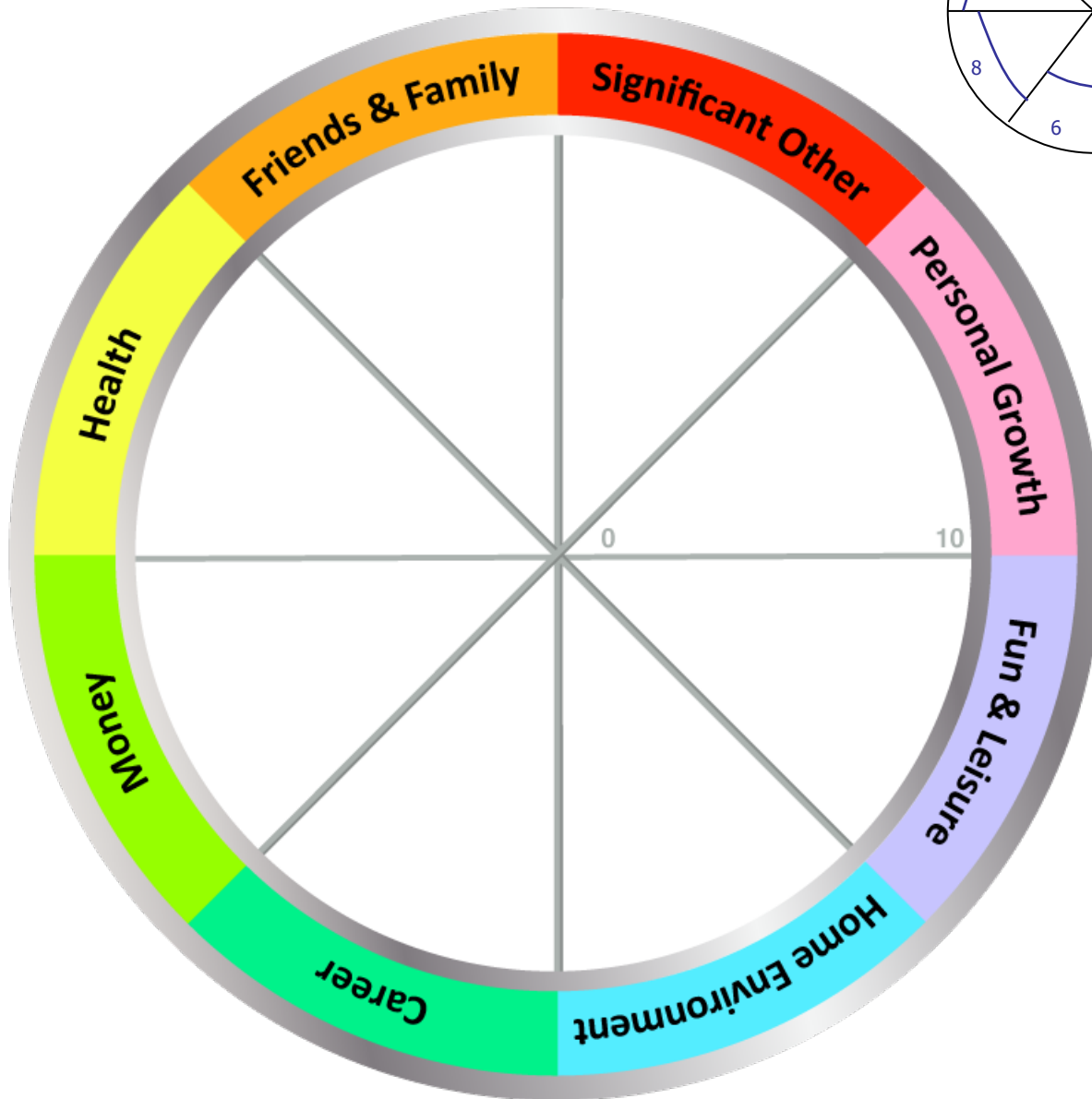
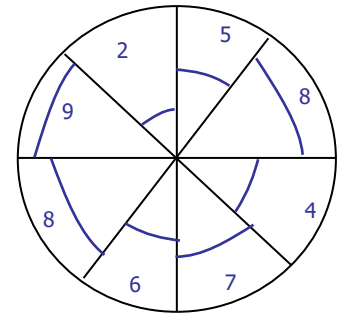
# Your Wheel of Life!

Chet Dayal Coaching

YOUR NAME: \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_

## EXAMPLE



### COMPLETE THE WHEEL:

- 1. Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- 2. Next, draw a line across each segment that represents your satisfaction score for each area.**

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example above)

**IMPORTANT:** Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!



# Your Wheel of Life!

Area	Self Score (0 -10)	Reasons
Health		
Friends and Family		
Significant Other		
Personal Growth		
Fun & Leisure		
Home Environment		
Career		
Money		