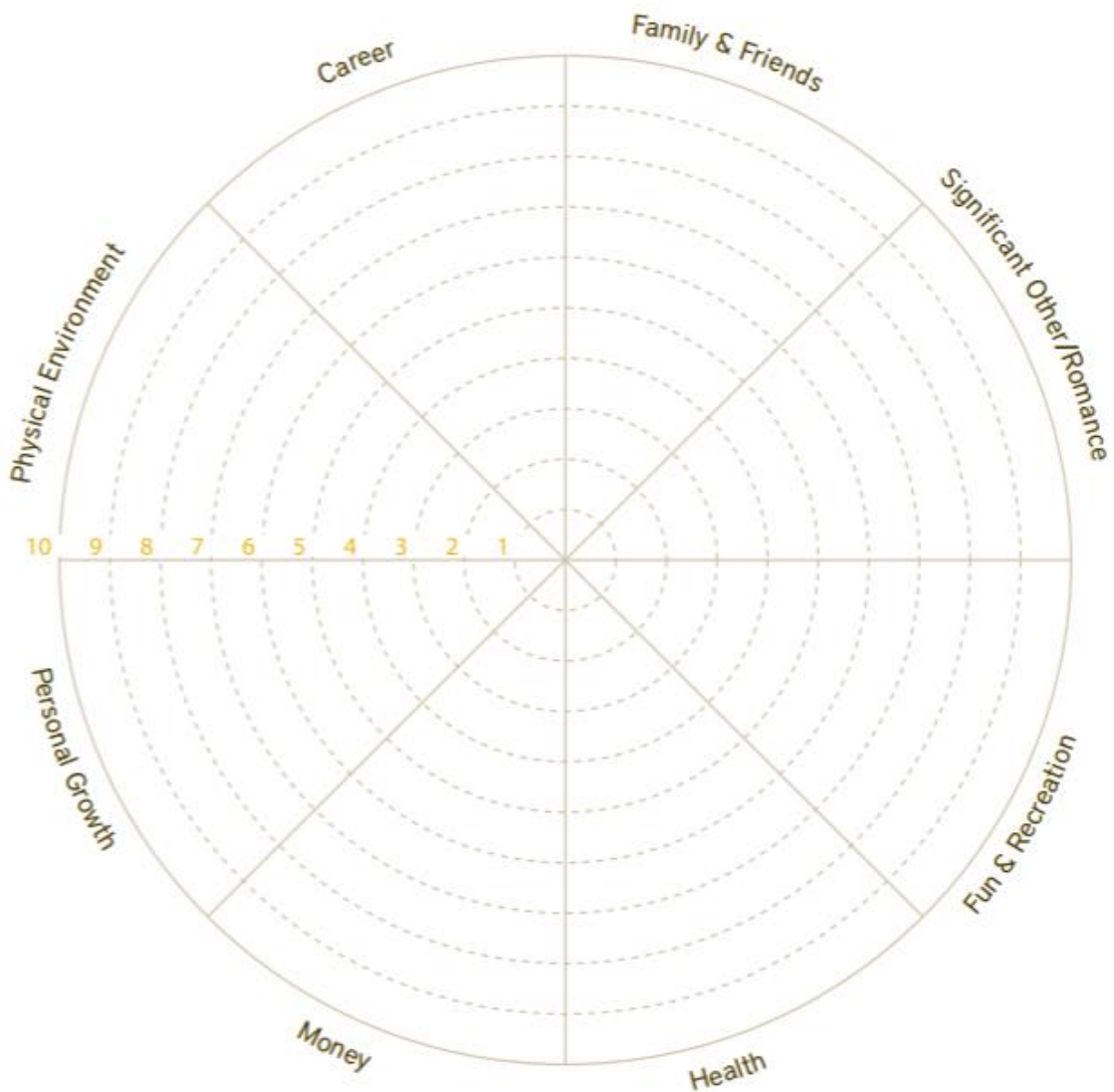


### Welcome to the Wheel of Life Exercise

This Wheel of Life contains eight sections that, together, represent one way of describing a whole life. The exercise is designed to measure your level of satisfaction in these areas today. It is not a picture of how it has been in the past or what you want it to be in the future. It is a snapshot taken in this moment. It is not a report card on how well you have performed or on what you have achieved. *The emphasis is on your level of satisfaction in each area today. You decide how each area is defined and you can personalize the section name to align with your life. For example, Personal Growth is often renamed Spirituality and Personal Growth.*

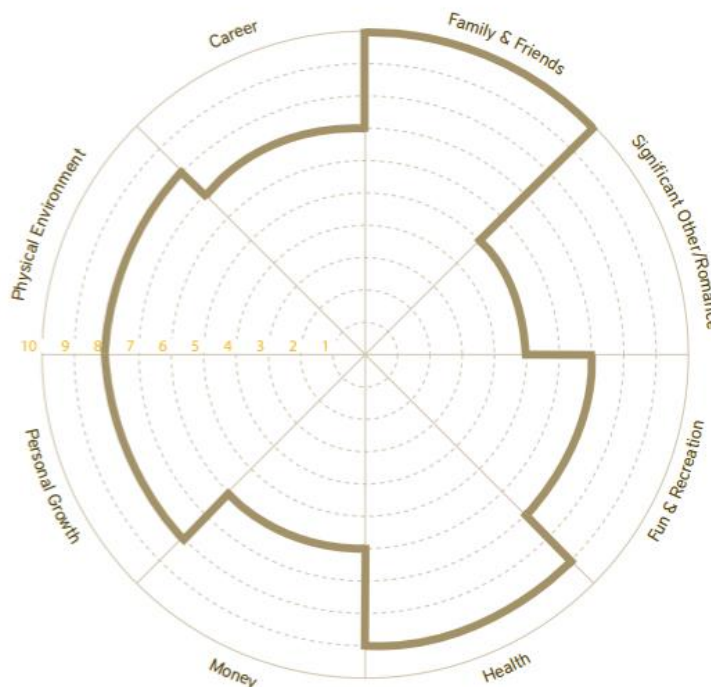


As you focus on each area, consider the following questions:

- ✓ On a scale of 0-10, where 0 means not satisfied and 10 means very satisfied, what is my level of satisfaction in this area of my life today?
- ✓ What's working?
- ✓ What's not working?
- ✓ What is a priority to work on?
- ✓ What is to be accomplished in the next 3 months?

You may wish to journal your answers for further or future reflection.

Here is an example of a completed Wheel of Life:



When your wheel is complete, identify the area(s) you would like to change or receive coaching on first.