

Your Coaching Wheel of Life



Deepen Your Coaching Insights

What To Do

The Wheel of Life is a simple, yet powerful visual tool to assess different areas of your life and see where action might be needed.

Each slice represents a key aspect of balance—but feel free to edit it. Rename, split, or adjust sections to reflect what matters most to you.

How It Works

- Rate each area from 0 - 10
(0 = not satisfied, 10 = completely satisfied).
 - The middle = 0, the outer edge = 10, with lighter rings in between representing incremental rates.
- Mark your ratings
 - Draw a line at the appropriate level, or try shading in the sections—get creative!
- Step back and observe
 - Does your wheel look evenly drawn or has a series of lumps?

A lumpy wheel might reveal areas that need more attention. This visual snapshot can be helpful to share and use as guide in our coaching sessions to help create meaningful change.

Tip: You don't need to do this every session, but redo it periodically to track your broadening awareness.

Your Wheel of Life

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