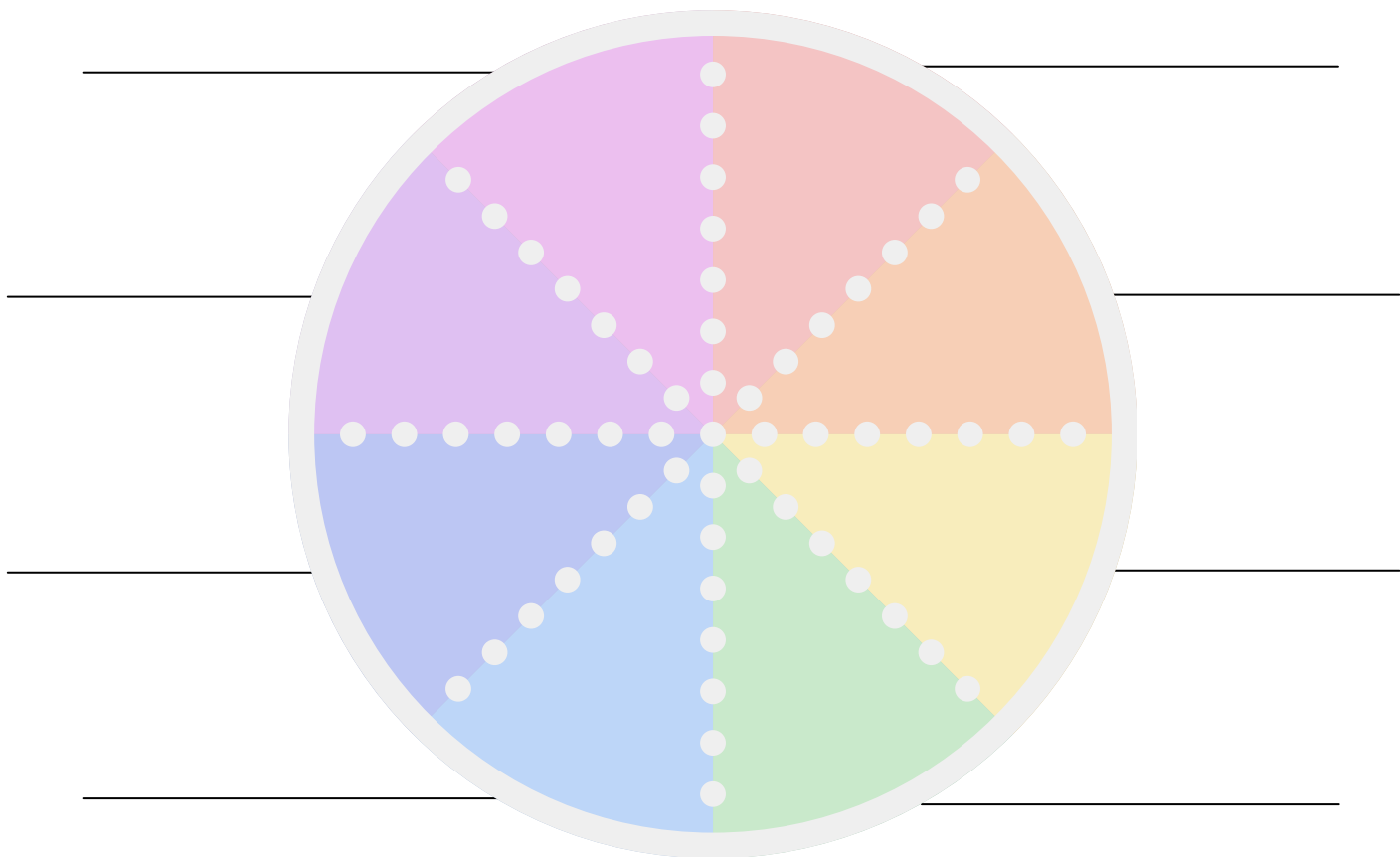


Wheel of Life Worksheet

Your important life areas:



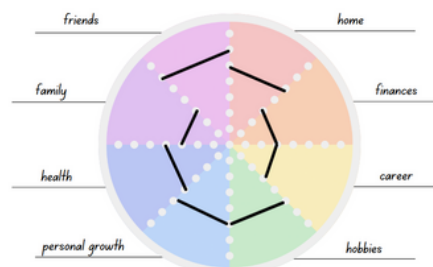
Instructions for the Wheel of Life worksheet

The 8 sections in the Wheel of Life represent balance. Start filling out the wheel by choosing the 8 areas of your life that are the most meaningful to you right now. You may decide to combine areas in one wedge, e.g., 'Friends and Family' or make them separate wedges of importance. Write each area on a line provided.

Next, using the centre of the wheel as 0 and the outer edge as 8, rank your level of satisfaction with each area out of 8 by drawing a line to create a new wheel edge (see example).

The new perimeter of the circle represents your 'Wheel of Life'. How satisfied are you with this wheel overall? Is it a bumpy ride? What would you like to improve?

Example Wheel



Wheel of Life Reflections & Goals

For each wedge of your wheel, reflect on where you're currently at and where you'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Next Step: use your reflections to raise awareness about what changes you might like to make and set goals to start working on them.



If you'd like some support with this worksheet, get in touch at coaching@witten.kim. Or visit witten.kim for info on coaching