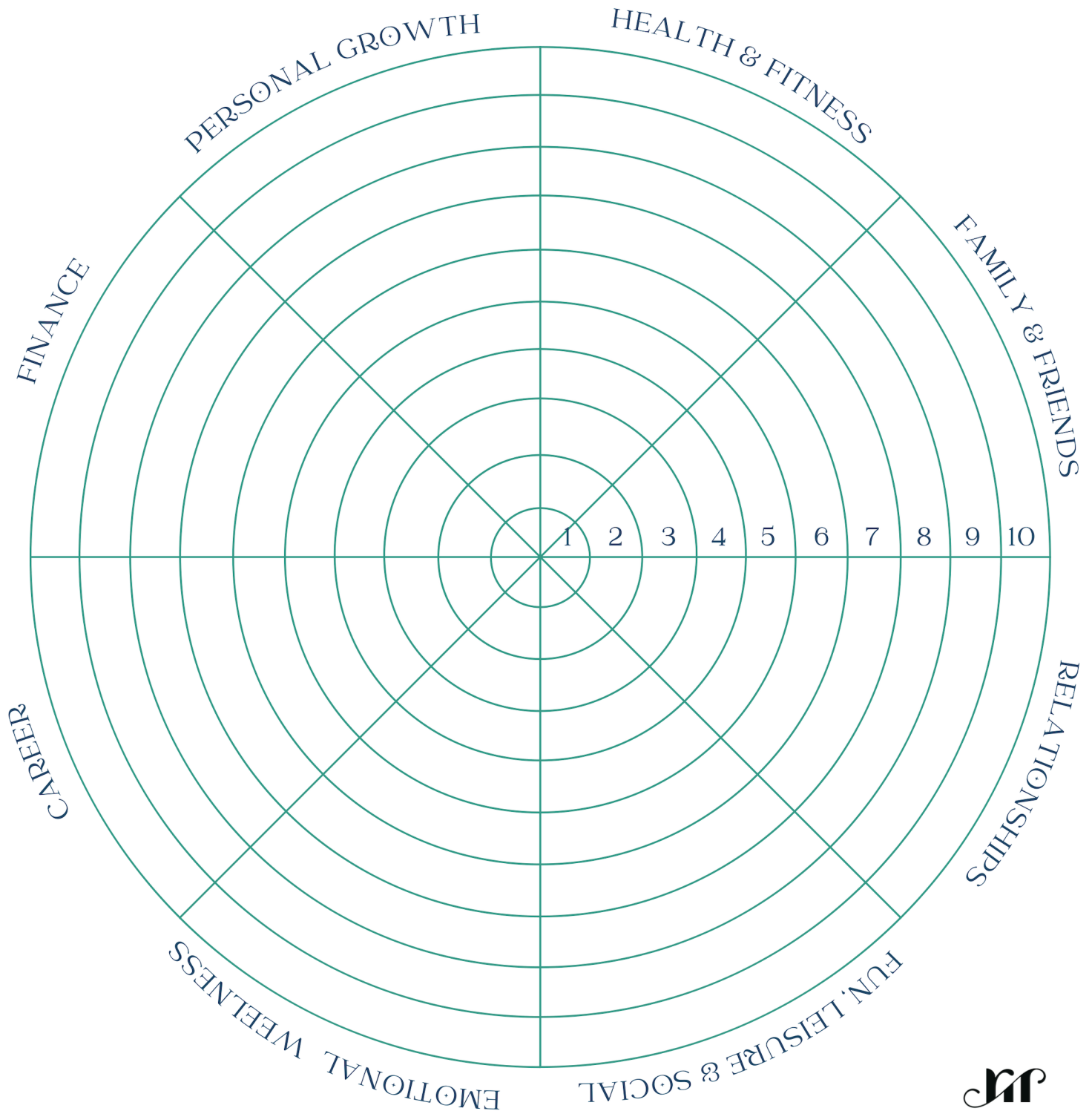


# WHEEL OF LIFE

The wheel of life is an effective coaching tool that highlights your level of balance and satisfaction across the different dimensions, or roles, of your life. It lays the foundation for goal setting by helping to bring awareness to your current reality and highlights where you should focus to achieve better life balance.

Think about the 8 life categories below, and rate your level of satisfaction with them from 1 - 10. Shade the level in on each slice to get a visual of your current balance.

Which 1 or 2 areas would be most meaningful to you to improve?  
What are 3 realistic actions you can take to improve those areas?



Robyn Marie  
— coaching —