

## Wheel of Life Exercise - Blank

### Instructions:

Divide the pie chart into the main categories of your life/wellness. Be sure to include the areas that you may wish to address with your coach. Write the domain (e.g. love/partnering, health, fitness, spirituality, career/work, environment, leisure/recreation, friends/family, creative, community, financial, etc.) on each space outside the circle, provided. Then, on a scale of 0 (completely unsatisfied) to 10 (completely satisfied and fulfilled), rate that domain with a dot on the corresponding chart line. Then, connect the dots on your wheel. If your domains are not entirely equal on each domain, like having a flat tire, your life/wellness will not be experienced as an altogether smooth ride. This will give you an visual depiction of what areas may be giving you bumpy ride, how domains may interact, and may help you and your coach prioritize areas of focus. You'll likely be using this again later to see how you're coming along.

