

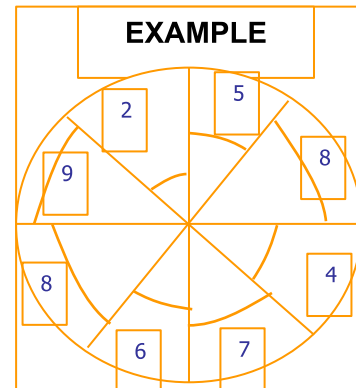
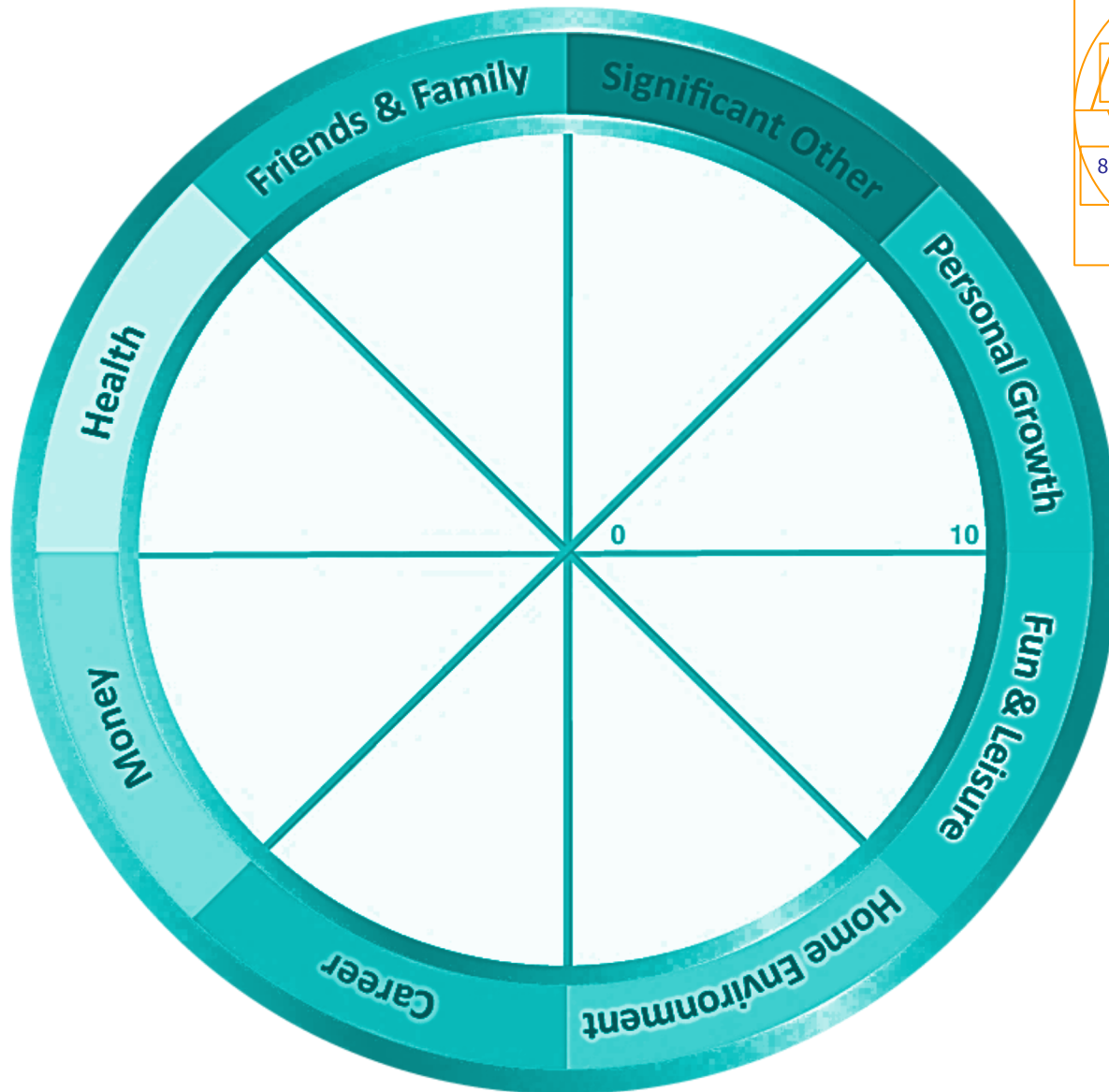


Phoenix Rising

Personal Development Coaching for Women

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THE WHEEL OF LIFE EXERCISE



INSTRUCTIONS TO COMPLETE THE WHEEL

1. Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.

- ★ Imagine the centre of the wheel is 0 and the outer edge is 10
- ★ Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- ★ Now draw a line and write the score alongside (see example above)

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!