



WHEEL OF LIFE

REVIEW YOUR LIFE IN ITS ENTIRETY
AND SCORE YOUR LEVEL OF
SATISFACTION, IDENTIFYING AREAS
FOR DEVELOPMENT.

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A note from your coach...

Life can sometimes overwhelm us and lead us to feel quite simply like our computer, with too many tabs open. I'm sure you've had that feeling of working on too many items at once and not seeming to complete anything, either in the time you wanted or to the standard you aim to deliver.

Equally, you may feel like life is going well, you have all the elements you think you're supposed to have, like the partner, the children, the house, the car and the other trappings that society uses to define success. But something just isn't quite right and you can't put your finger on it, you can't seem to locate the right tab.

As you begin your journey to discover more about yourself we must first stop... and review your life.

Reviewing all aspects of your life and honestly evaluating them supports you in gaining a greater understanding of where you should be focusing your energy. Defining the areas of your life you are happy with is very rewarding, allowing you to take your foot off the pedal and coast for a little bit as you move your concentration to the areas of your life that you may have inadvertently neglected.



WHERE YOU ARE | WHEEL OF LIFE



	SCORE 0-10		SCORE 0-10
PHYSICAL ENVIRONMENT Your home, your location		RELATIONSHIPS AND ROMANCE	
CAREER & WORK		PERSONAL GROWTH	
MONEY Your income, outgoings, savings		FUN AND RECREATION Time to yourself or with others, hobbies	
HEALTH Your diet, fitness		<i>add your own</i>	
FAMILY AND FRIENDS		<i>add your own</i>	



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