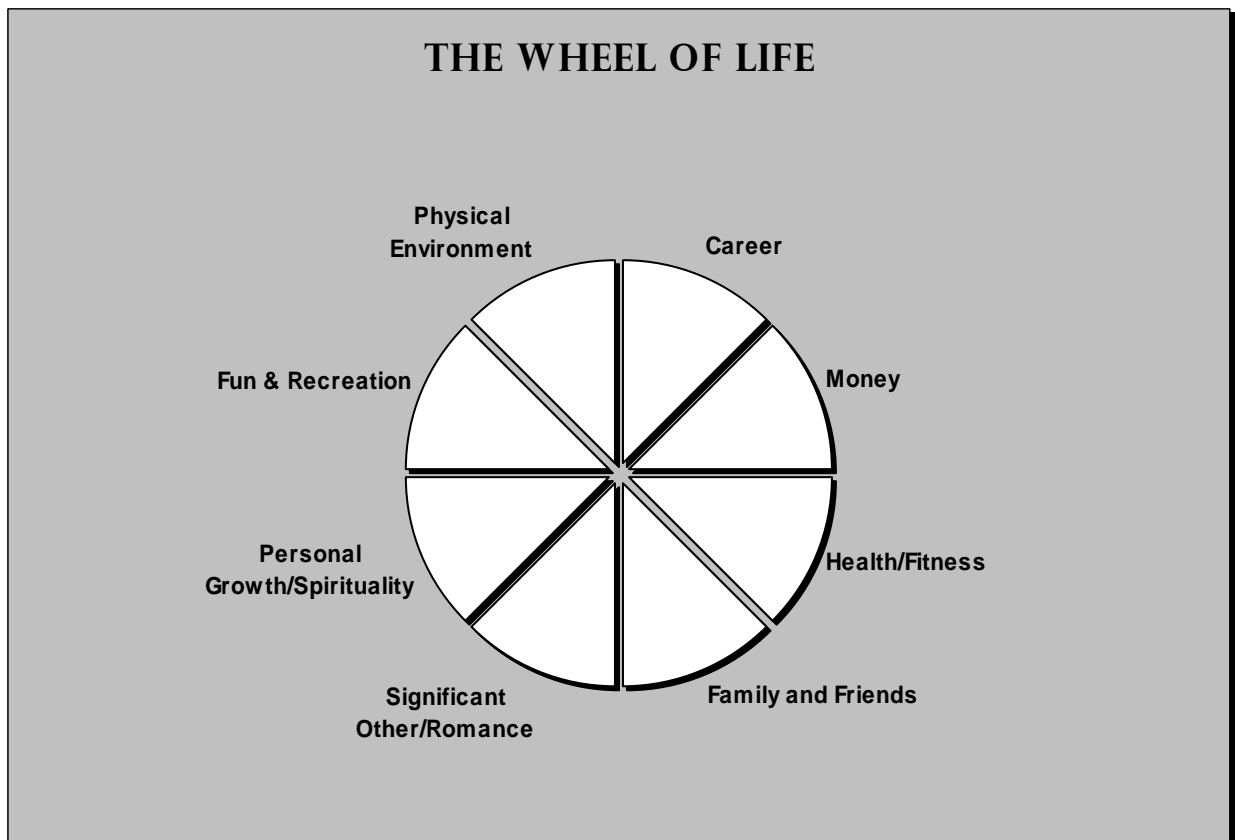


## The Wheel of Life

If the center of the wheel represents 0 (no satisfaction) and the outer rim of the wheel represents 10 (complete satisfaction) shade in the area that best represents how satisfied you are with each area of your life.



Adapted from: Co-Active Coaching by Laura Whitworth, Henry Kimsey-House and Phil Sandal