

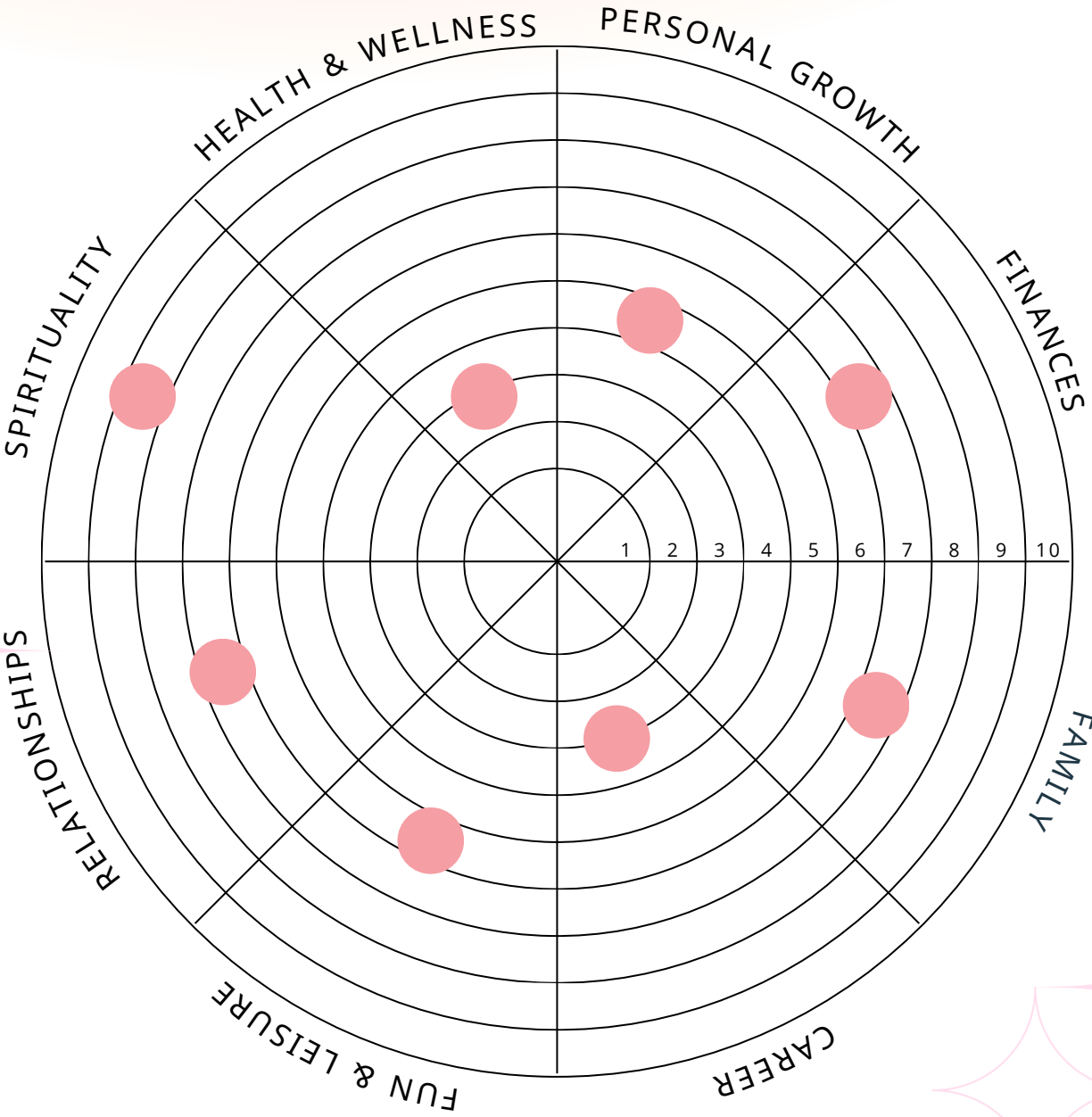
Life Wheel Exercise

INSTRUCTIONS

- **Grab a piece of paper**, draw a circle on it, and divide the circle into 8 slices like a pie.
- Think about **8 areas of your life that are most important** to you (i.e. family, faith, career, etc.)
- **Label those 8 areas** of your life on the circle you've drawn
- **Give each area of your life a rating** : 1-10 on your level of current satisfaction.
 - 1= Not satisfied, big change needed
 - 10=Extremely satisfied, couldn't be better
- **Take a moment and reflect**
 - What do you notice
 - Any surprises
 - What areas give you the most /least energy
- **Take Action**
 - Where would you like to make change?
 - What are 1-2 things you could do to increase satisfaction?
 - What would you like to commit to doing next?



Life Wheel Example



CURRIER
coaching