

"My Life Wheel" instructions:

1) Print this page;

2) Rate your level of satisfaction for each area on a scale of 1-10, where 10 is the greatest satisfaction. Fill in the slice from the center outward based on your rating, (e.g. for a rating of 5 fill in the slice from the center outward halfway).

3) Once you've filled in each slice (for each area of your life), take a look at each one and see how you feel about the number: are you satisfied with it? what does it bring up? would you like to change it? You decide, and if you're open to it, as your coach, I can help you in that journey.

