

# coaching *Wholeness*

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## Wheel of Life

### Directions

The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?



