

# THE FAMOUS Wheel Of Life

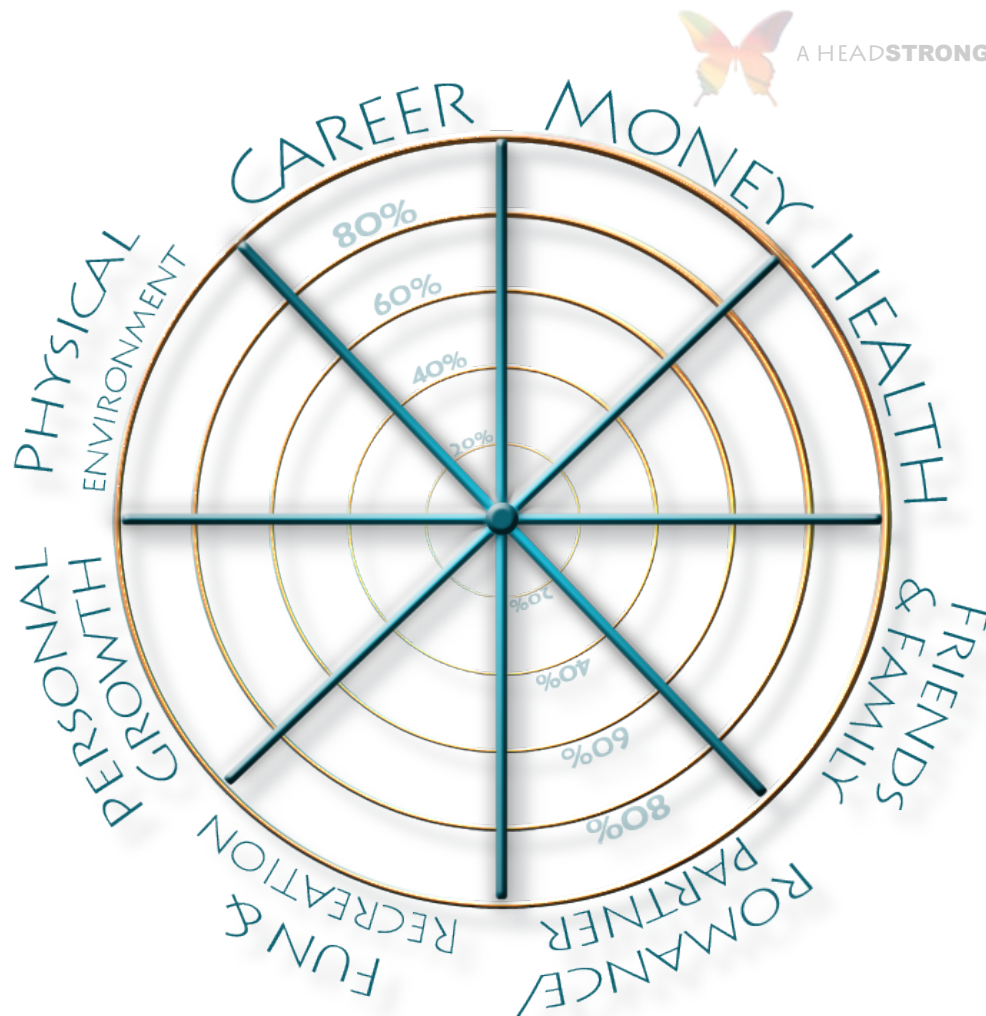
The Wheel of Life is one of the most popular coaching tools because it is also one of the most effective coaching tools.

DATE:

Simply go round each section of the wheel and roughly score that area of your life out of 100 (100 = Absolutely Perfect, 0 = The Worst It Possibly Could Be). Once you have a score for each section join up your marks to create a virtual 'map' of your life. As a general rule, the bigger your wheel the better.

Once you've completed the wheel, take some time to think about the 5 things that you can **START** doing **TODAY** that will have the biggest improvement on your life and regain balance on your wheel and also think of 5 things you can **STOP** doing **TODAY** that will have the biggest improvement on your life to regain balance on your 'wheel'. Write them in the box at the bottom of the page.

Have Fun!



A HEADSTRONG Personal Assessment

List 5 things you will now **START** doing to regain balance in your life.

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things you will now **STOP** doing to regain balance in your life.

- 1.
- 2.
- 3.
- 4.
- 5.