



Coaching is a two step dance of discovery and learning followed by life altering action.

1. The seven sections in the Wheel of life represent Balance. Seeing the center of the wheel as 0 and the outer edges as 10, rate 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?
2. Next, ask yourself, "What changes do I want to make to increase my satisfaction?" Do this for each life area. Write down one answer for each section that will significantly alter the quality of your life.
3. Commit to taking some action right now!