



# Instructions

1. Score/Rate each section on a scale of 1 to 10 (with 10 being the highest rating – closest to the outer edge; and 1 being the lowest rating - closest to the centre of the wheel). Mark the score along the section edges.
2. Using a pencil or pen to "connect" each of the scoring marks. You will be able to see a "wheel within a wheel". How does it look? Is it round? Or is it spiky with excellent scores in one area and not so good scores in the other. This is a great graphical representation of where you are "out of balance" in life.
3. Capture a rationale for a current score e.g. if health scored 5 that may be because you're eating too many sweets or not exercising enough.
4. Write out a description of what "A Score of 10" would look like for you in each section or area of life.
5. Place an asterisk (\*) next to the 1 - 2 areas that really "resonate" with you at this particular point in life. These are the areas to focus on for the 60 to 90 days with your coach.