

**Wheel of Life Coaching Exercise**

Introduction

The Wheel of Life is a popular diagnostic tool used by coaches across the world. It is flexible, versatile and can be used in different ways. It invites you to identify the 8 key priorities in your life right now, rate them in terms of satisfaction, and then take steps to improve those that you want to work on. You can do this yourself or seek the support of a qualified coach to help you.

By undertaking the Wheel of Life exercise, it creates a picture of where you are today, your awareness will be raised about what is important to you, and some ideas generated as to what can be done to take your life forward in the way you want it to be.

This exercise is best undertaken prior to any coaching taking place, and the results will form a firm basis on which to move forward in the area/s that you want to improve.

4 Stages of Completing the Wheel

Stage 1

* List the key areas of your life, the priorities, those things that you spend your time doing, the things that are important to you. At this stage, list as many areas as you can think of. Some examples might be – career, finance, family, social, health, fun, relationship, children etc.
* You can focus on one specific area e.g. work, and list the priorities in that area, or think more widely about your life and list areas in general.
* From your long list, prioritise the first 8 areas.
* Use one section of the wheel for each area and write this on the wheel.
* Identify on a scale of 0-10 where you are now for each area, thinking about how satisfied you are at this point in time (0 is I am dissatisfied, 10 being I am completely satisfied).
* Join the dots together to provide a visual picture of where you are across all 8 areas – this will quickly highlight the areas scoring lower/higher.

Stage 2

* Select one area of your wheel to work on.
* Define what 10 out of 10 would look like – where do you want this area to be? Write down 3 bullet points to outline what would be happening, if everything was as you want it to be.
* Do this for all 8 areas.

Stage 3

* Identify actions you could take that will take you one step closer to 10/10 e.g. if the area is a 6 currently, what would take you to 7 etc. Do this for your priority areas, or all 8 areas if you prefer.

Stage 4

* Write down one thing you WILL do in the next 24/48 hours in your priority area/s.

A template Wheel of Life is provided for you, however please feel free to develop/design/create your own – it is your wheel!

**Front Foot Coaching**

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