

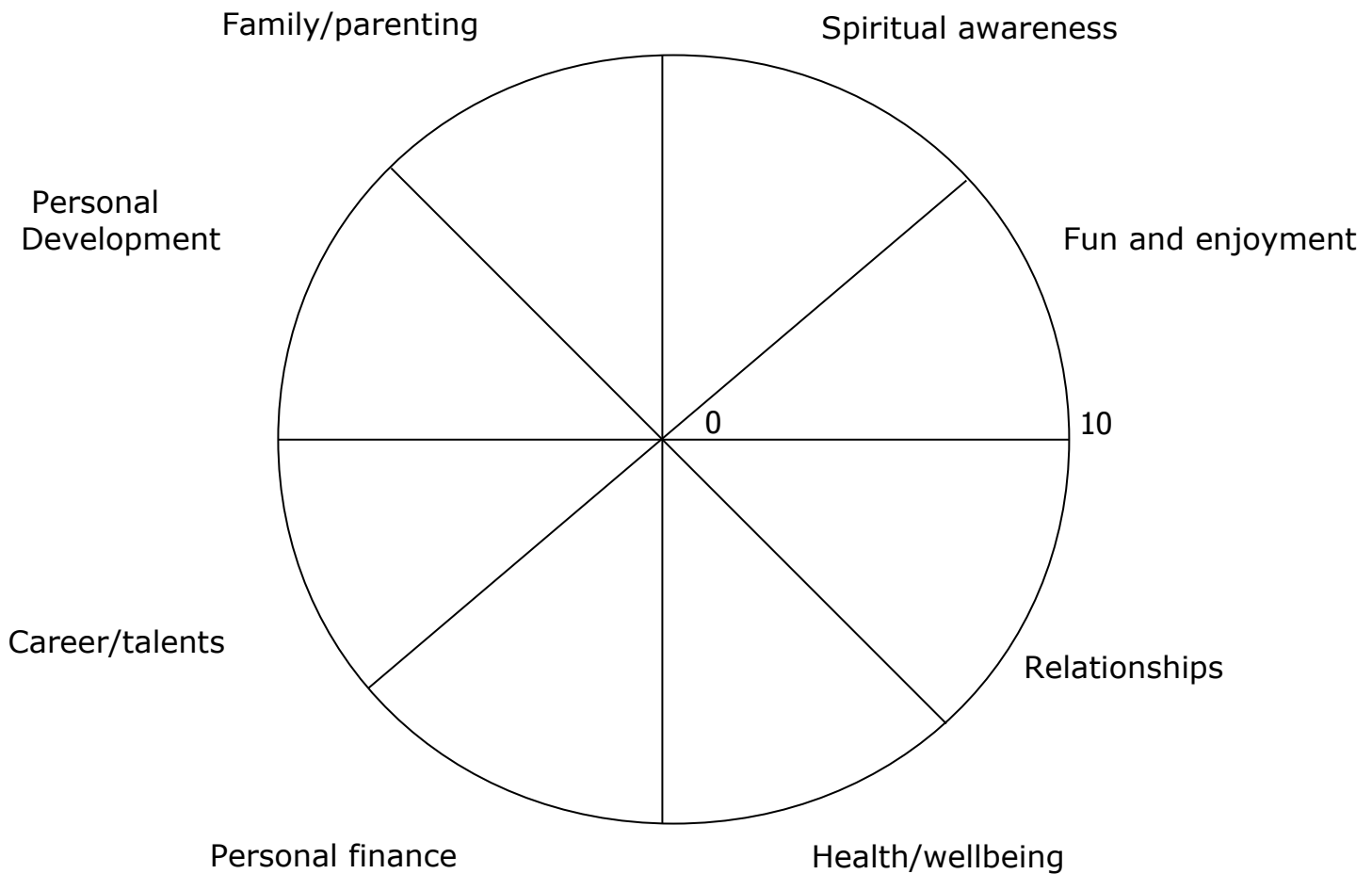


# Rhythm and Rhyme Life Coaching

## WHEEL OF LIFE

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_





# Rhythm and Rhyme Life Coaching

## WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent Personal Development, Spiritual Awareness, Fun and Enjoyment, Relationships, Health/wellbeing, Personal Finance, Career/Talents and Family/parenting.

- Now, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction (or frustration etc)** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)  
Is it a bumpy ride?

