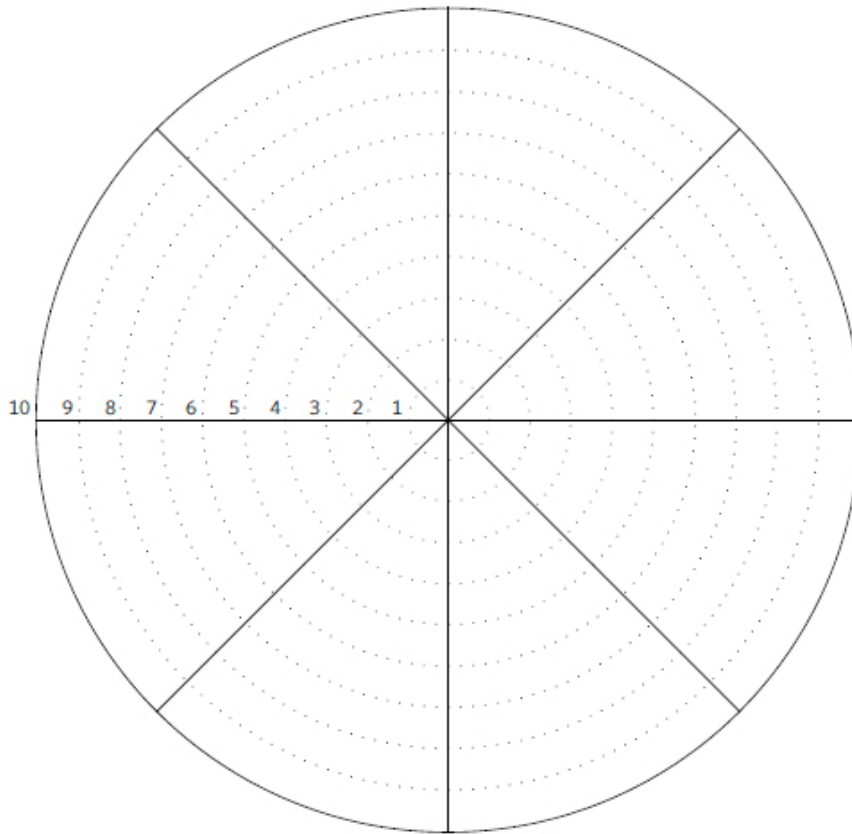


# Wheel of Life Exercise – Blank Wheel

---



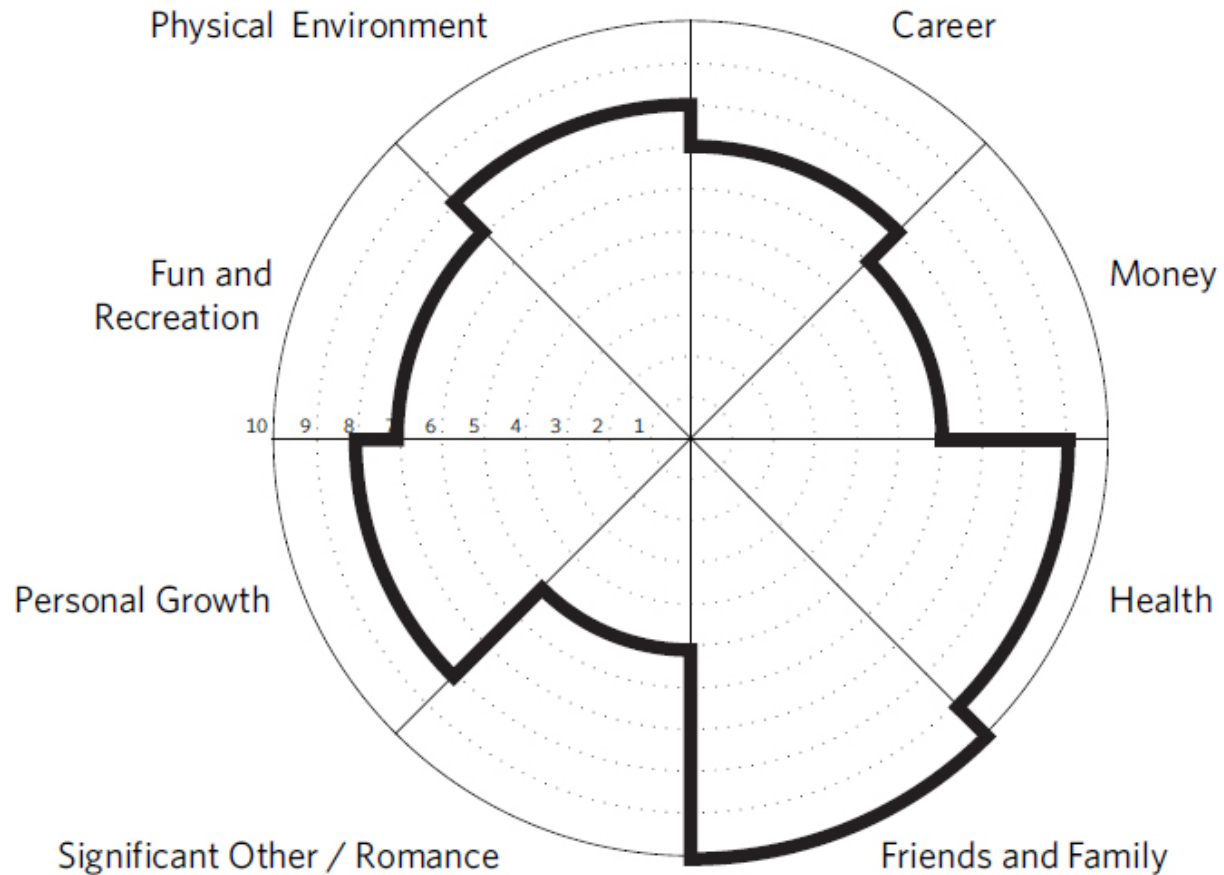
Julianne Miranda Coaching and Consulting | Wheel of Life Exercise – Blank Wheel

This wheel contains eight sections that, together, represent one way of describing a whole life. You may create any labels or categories that reflect your life right now. The structure is up to you. This exercise measures level of satisfaction in these areas in the moment you work through this exercise. It is not a picture of how it has been in the past or what it will be in the future. It is a snapshot taken in the moment.

**Directions:** With the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Let's look at areas where you want to improve your level of satisfaction and begin to think about what you might do about it.

## Sample Completed Wheel

Here is like how a completed wheel might look:



This example shows a completed wheel. In this case, the area of Significant Other / Romance would be a place of discovery and potential focus for coaching. But it is important to remember that having a “10” in each area is not important – what is important is how the evaluation of a given area of our life reveals important clues about what it would take to advance that part of your life to a more satisfying and fulfilling state. It is the journey, not the destination!