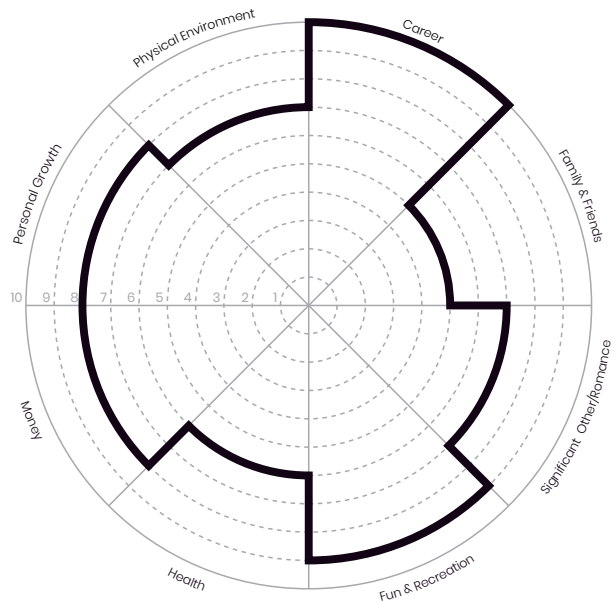


Wheel of Life Exercise

This wheel contains eight sections that, together, represent one way of describing a whole life. You, as coach, or your client may have other labels or categories or may wish to divide friends and family. The structure is up to you and your client. The exercise measures your client's level of satisfaction in these areas on the day he or she works through this exercise. It is not a picture of how it has been in the past or what the client wants it to be in the future. It is a snapshot taken in the moment. It is not a report card on how well the client has performed or what he or she has achieved. The emphasis is on the client's level of satisfaction in each area.



The Wheel of Life provides a unique model for clients. The wheel shows clients what balance in their life looks like. Coaches use this tool with clients in the discovery session, sample sessions and to get a sense of fulfillment in the client's life.

Using the Wheel of Life in a coaching session:

1. Briefly explain the wheel and what it signifies to your client. The wheel of life is a tool coaches use to get a snapshot of how satisfied a client is in their life. There are eight areas on the wheel. You may want to change the categories to reflect the areas of your life.
For example: The client may choose to break the category of friends and family into two separate categories. The client may wish to add a category.
2. Ask the client to rate their level of satisfaction in each of the areas.
"I am going to ask you to rate your level of satisfaction in eight areas of your life. Zero means not satisfied and 10 means highly satisfied."
3. After the client has rated each of the areas. Ask them to connect the lines to form an inner wheel. This gives the client an overview of balance in their life.
"Remember, this is not about getting 10s ! It's about a smoother ride." "If this wheel were a tire on your car, how bumpy would the ride be?" Listen to the client's response and then move to step 4.
4. Ask the client, What area would you like coaching on? Or what area are you ready to make a change in? Once an area is selected, continue to ask powerful questions to move the client forward.
5. Wrap up the coaching session by making a request, or by giving the client a homework assignment.
6. Be sure to hold the client accountable. What will you do? When? How will I know?

CO-ACTIVE COACHING TOOLKIT

Directions: The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 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 represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?

