




Coaching Tools Clinic


with Emma-Louise

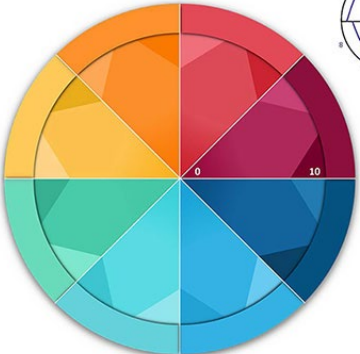
The Wheel of Life

THE COACHING
TOOLS COMPANY.COM

 **Blank Wheel** (rename before using!) YOUR COMPANY NAME/LOGO

NAME: _____ DATE: _____






YOUR WHEEL INSTRUCTIONS
The 8 sections in the Wheel of Life represent: _____

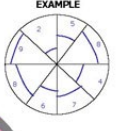
- Name the 8 categories so they're meaningful using the space provided in the ring around the wheel.
- Next, draw a line across each segment that represents your satisfaction score for each area.
 - Imagine the centre of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
 - Now draw a line and write the score alongside (see example above)
- The new perimeter of the circle represents your Wheel of _____, Is it a bumpy ride?

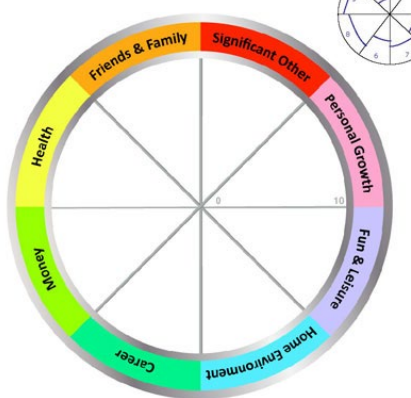
IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!

Email: you@yourtools.com Page 1 of 1 Your Company Name
Phone: your phone number www.yourtools.com

 **Your Wheel of Life!** YOUR COMPANY NAME/LOGO

YOUR NAME: _____
TODAY'S DATE: _____



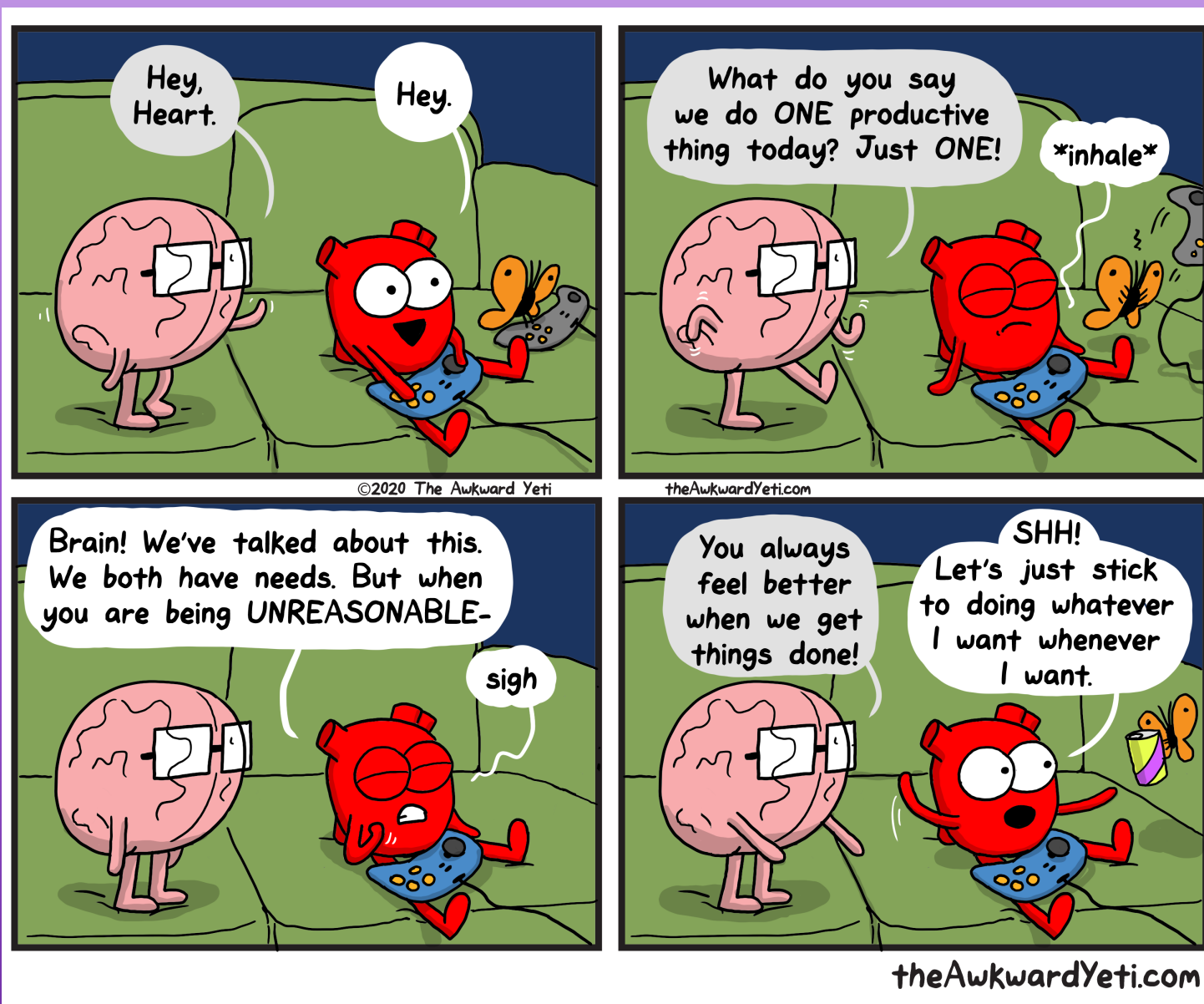


COMPLETE THE WHEEL:

1. Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.
 - Imagine the centre of the wheel is 0 and the outer edge is 10
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Our 2 FREE Coaching Wheels

Coaching Tools Clinic

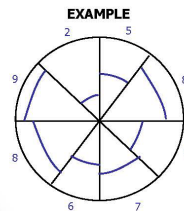
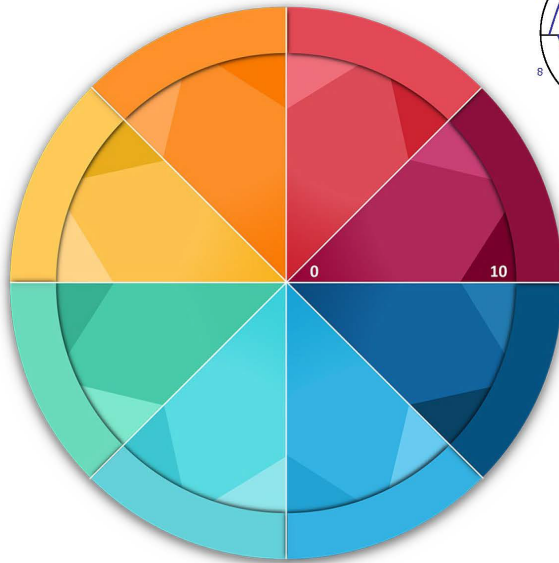
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Blank Wheel (rename before using!)

YOUR COMPANY NAME/LOGO

NAME: _____ DATE: _____



YOUR WHEEL INSTRUCTIONS

The 8 sections in the Wheel of Life represent _____.

- **Name the 8 categories** so they're meaningful using the space provided in the ring around the wheel.
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IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!

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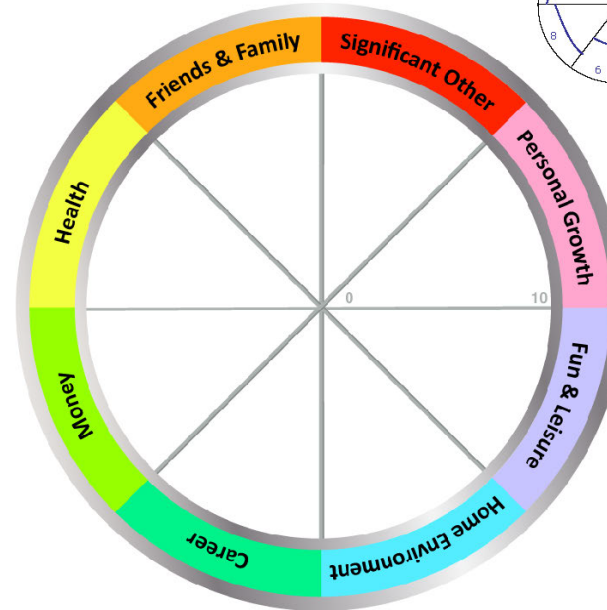
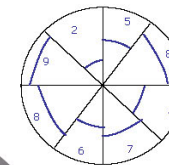
Your Wheel of Life!

YOUR COMPANY NAME/LOGO

YOUR NAME: _____

TODAY'S DATE: _____

EXAMPLE



COMPLETE THE WHEEL:

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Life Balance Categories

1. Family & Friends
2. Significant Other
3. Personal Growth
4. Fun & Leisure
5. Home Environment
6. Career
7. Money
8. Health

Thinking Caps!

- What uses can you now imagine for the Wheel of Life in your practice? *(when, with whom, how)*



Your Questions!

Ask Me Anything
about The Wheel of Life!

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Thank-You!

Tools Clinic SPECIAL

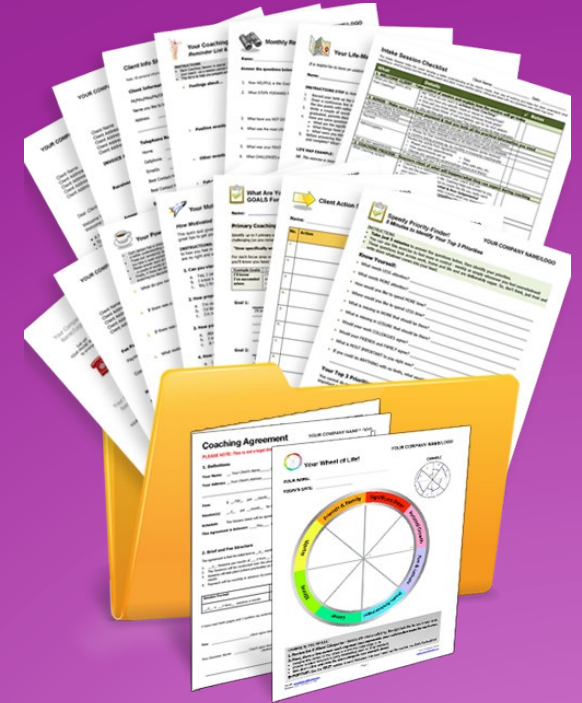
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Life Coaching
Toolkit



Coaching
Welcome Packet

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