

Wheel of Life

This exercise has the power to transform

Print this worksheet out in preparation for your upcoming webinar, *How to Become a Well-being Coach*. During the webinar, Pete will walk you through how to use this exercise to determine your personal well-being goals, and what action you can take to meet them.

In the meantime, take a look and start to think about how you would rate your satisfaction around each area of the wheel.

Rate your Level of Satisfaction in each area of the wheel, with a 1 = not satisfied and 10 = completely satisfied. Shade in the area after you have assigned your rating.



