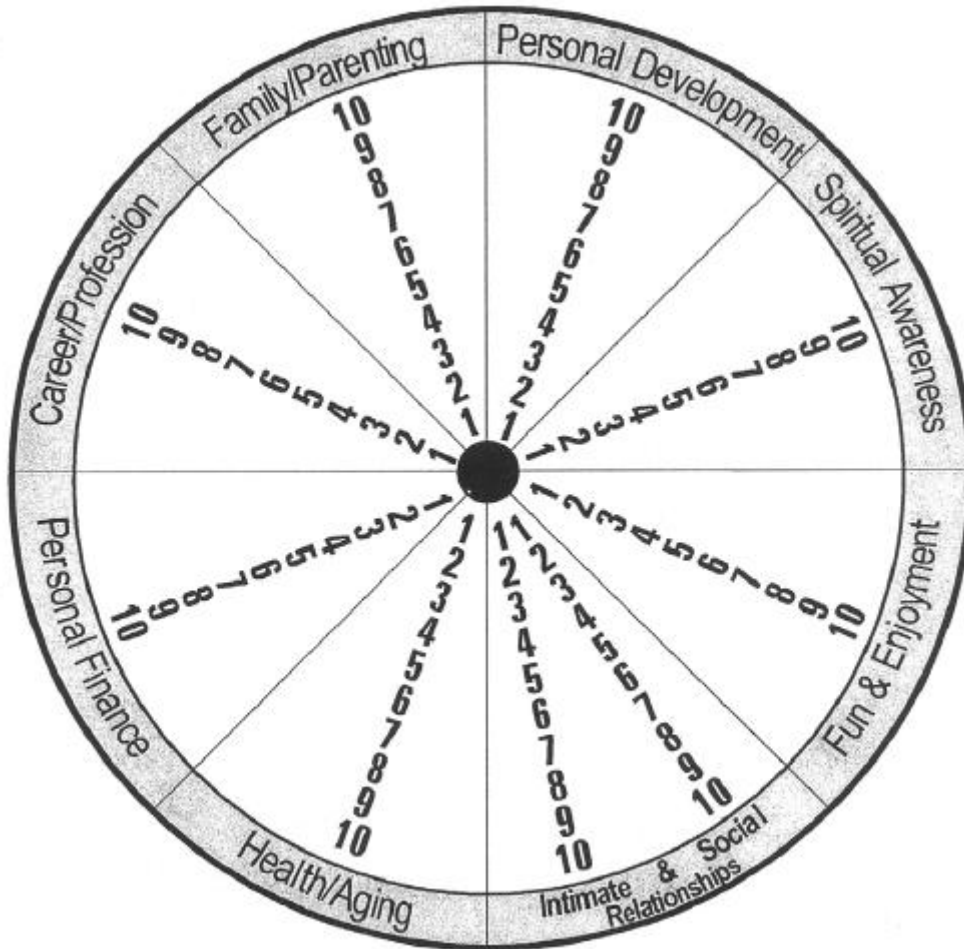


Wheel of Life



Directions: For each section of the wheel, circle the number that represents your current level of satisfaction in that area. The higher the number, the more satisfied you are in that area. Connect the circles with a line to complete this exercise.

This wheel is a snapshot. Scores may change weekly, daily – even hourly as circumstances change. Do not look for ultimate truth; just check in with how you feel in this moment.



Erin Murphy, CPC, SVH
Angie Eisenbeis, CPC, SVH

314.262.8780

www.newrealmsofpossibility.com

Questions to Ask Yourself:

What surprises you about the results?

What jumps out at you?

How does it feel to be riding around on this wheel of your life?

What areas would you like to shift/improve?

Why do you want to shift/improve those areas?

What are you actively doing to shift/improve those areas?

What support systems have you created around yourself to ensure success?

How will your life be different once these things are achieved?

Contact one of our coaches today to talk about what is possible and how we can support you in realizing your goals, dreams & desires!!

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