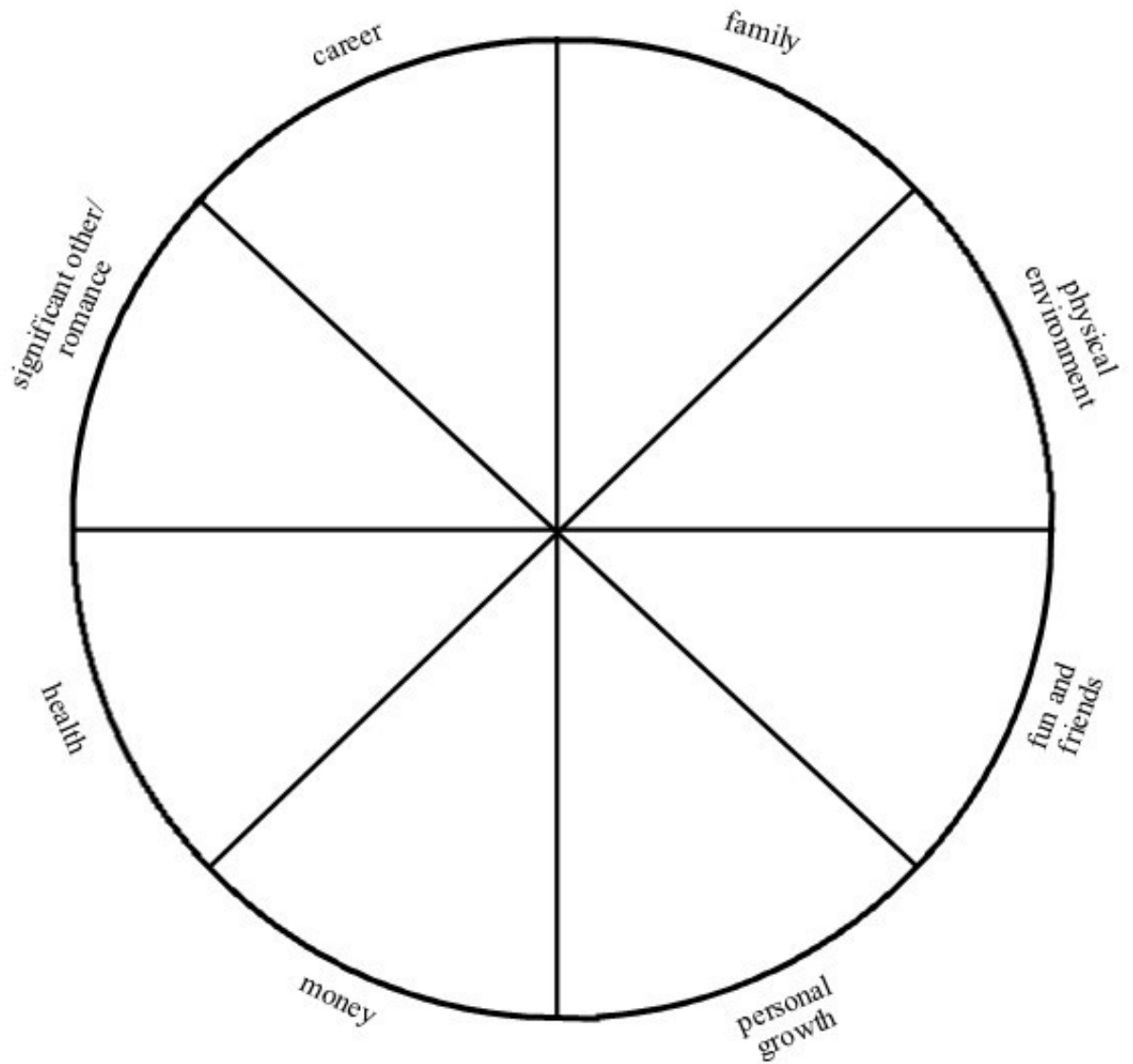




Wheel of Life





Directions for Wheel of Life Chart

Rate each category on the Wheel on a scale of 0 to 10:

10—You couldn't be more satisfied with where you are at this point in your life. You are right on track.

5—It's OK, but there are some changes that you could make here and feel more satisfied.

0—There is no fulfillment in this area. You would be much happier if everything about this category was different.

You can split a piece of the Wheel into two parts if you want. For example, you could split the "fun and friends" section down the middle and rate each individually. The ranking shows how satisfied you are with that particular piece of your life; the situation doesn't have to be perfect for you to be satisfied. For example:

____ **Family.** Split into extended and nuclear family if you wish.

____ **Physical Environment.** Split into work and home if you wish.

____ **Fun and Friends.** Split into two separate pieces if you wish.

____ **Personal Growth.** This can be about work, spirituality, and/or special interest.

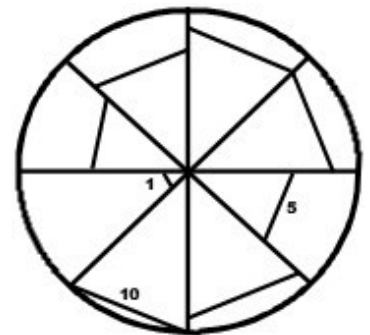
____ **Money.** This can include income, savings, retirement, debts, and/or spending habits.

____ **Health.** How healthy do you feel? Consider weight, level of fitness, energy levels, diet, health awareness, being up-to-date on exams, etc.

____ **Significant Other/Romance.** How satisfied are you with the relationship that you have or don't have? You may be completely satisfied even if you aren't in a romantic relationship.

____ **Career.** Consider your career selection, direction, and current work.

We get a complete picture of your life by translating the numbers that you wrote above onto the Wheel of Life Chart on the next page. If you wrote down a 10 for a category, make a line along the outer edge of the circle. If you wrote down a 5 for a category, make a line across the piece about halfway between the outer edge of the circle and the center. If you have a 0 for a category, draw a small line right by the center point where all the pieces meet.



UNLEASH YOUR INFERNO



Goals and Commitments*

There is a specific point in time by which you either have or have not accomplished a goal. That goal should be measurable and specific. Either you have increased your income by 30% by July 31, or you have not.

A commitment is different from a goal in that it is an ongoing quality-of-life shift. A commitment is not measurable. It may have to do with the state or quality of being that you want to create in your life. "I am committed to making a difference in the world through my work," "I am committed to having open communication with my children," and "I am committed to a healthful lifestyle and a fit body" are all examples of commitments. Using the Wheel of Life as your guide, identify your goals (with specific due dates) and your commitments.

(*Co-Active Coaching (3rd ed.) © 2011 by Henry Kimsey-House, Karen Kimsey-House and Phillip Sandahl)

	Goals	Commitments
Family		
	1. _____	_____
	2. _____	_____
Physical Environment		
	1. _____	_____
	2. _____	_____
Fun and Friends		
	1. _____	_____
	2. _____	_____
Personal Growth		
	1. _____	_____
	2. _____	_____
Money		
	1. _____	_____
	2. _____	_____
Health		
	1. _____	_____
	2. _____	_____
Significant Other/Romance		
	1. _____	_____
	2. _____	_____
Career		
	1. _____	_____
	2. _____	_____