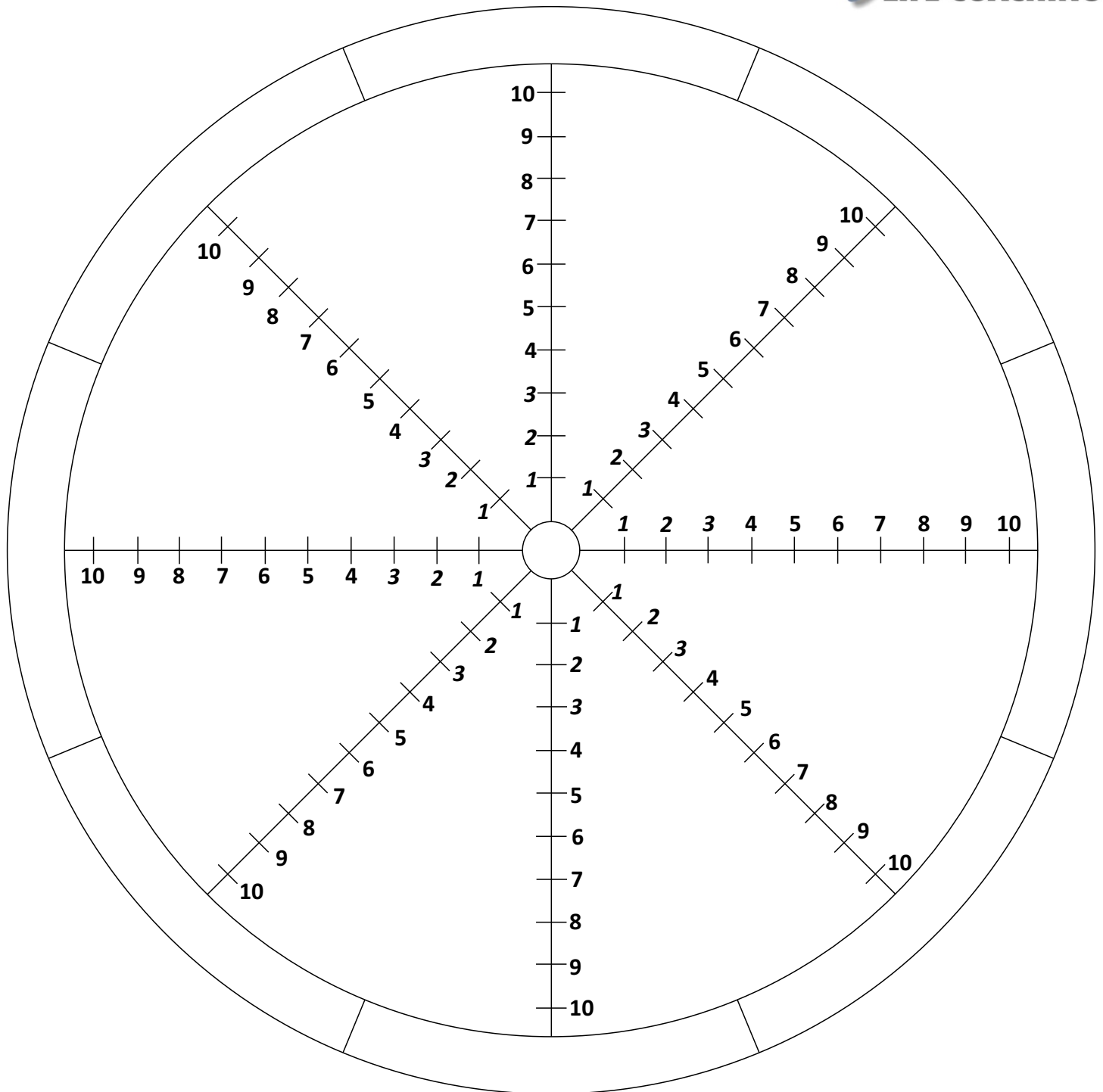


# Coaching Wheel



Fill in the spaces around the edge of the wheel with all the important areas of your life. These can be whatever you want them to be, but typical areas are:

Family	Friends	Relationships	Career
Home	Health & Fitness	Education	Spirituality
Sport	Finance	Personal Growth	Hobbies
Fun	Happiness	Travel	Special Project*

\*A special project is a goal, a plan, an ambition. It is something that you are planning or developing that is not part of everyday life but is taking up your time and energy. This could be something like starting a business, running a marathon, sailing round the world, getting married, restoring a vintage motorbike or moving house.

# Coaching Wheel

## Instructions for use:

Once you have decided on the categories you want around the edge and filled them in, decide how important each is to you.

On the line under each category choose a value of 0 to 10 where 10 is very important and 0 is not important at all and use a pen to put a mark against the relevant number.

When you have done all 8, then join the marks up with a line. This will give you a diagram of the main priorities in your life.

You can now look for imbalances and anomalies.

## Taking it to the next level:

Now find a pen of a contrasting colour and for each category mark how much time and/or energy you are devoting to it.

Be honest with yourself here!

You will now have a diagram that tells you if your energy is being directed to the right places.

This might help you to decide where you need to make changes.

