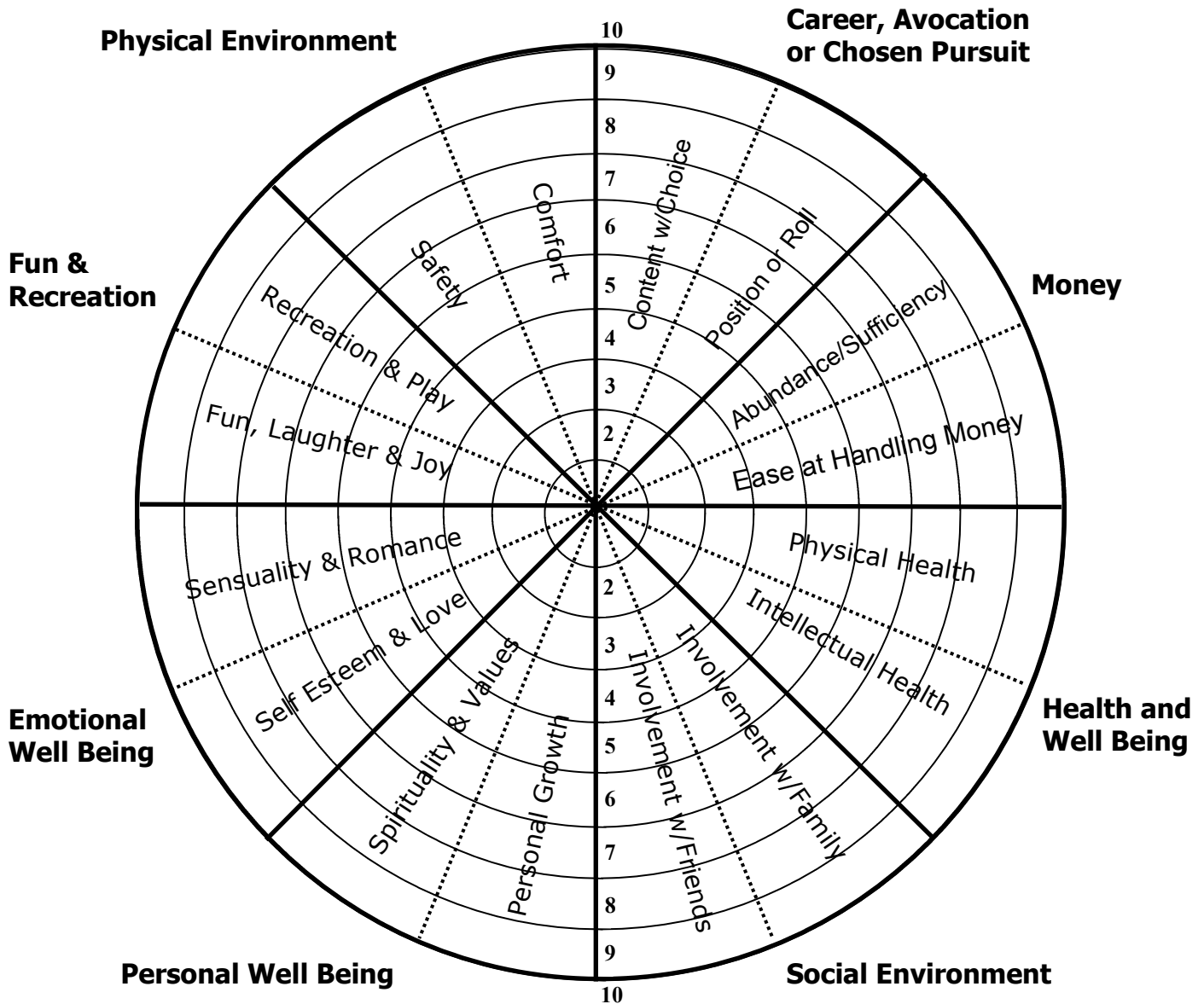


# The Wheel of Life

Where are you now?



This represents one way of looking at your whole life. You may want to change or re-label some of the names to suit your personality. In each area, rate on a scale of 1-10, how satisfied you are with this aspect of your life right now. There are no right or wrong answers. It is a way to see what aspects of your life needs you to look at and work on in this moment in time.

You might want to color in the section and then draw a heavy line at the percentage point for each section. When you are done, look at it as a wheel. How bumpy is your ride in life right now? What can I do, as your Coach, to help you gain more balance?

Diane J. Kaechele, Certified Life Coach  
Kaechele Research Services, LLC

Email: [info@balancedlifecoach.net](mailto:info@balancedlifecoach.net)  
866.680.4809 toll free  
(406) 250-8669 cell

