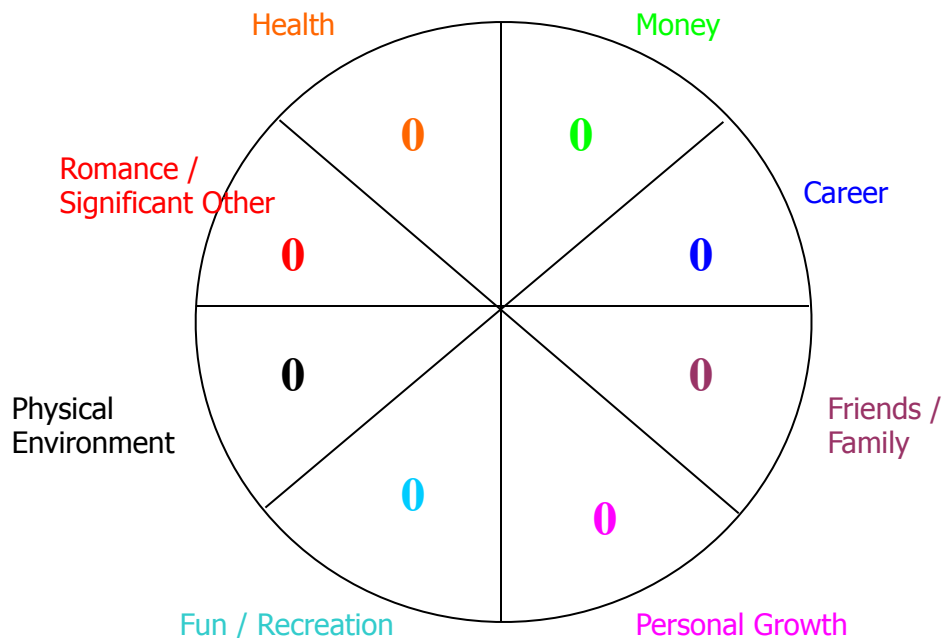


WHEEL OF LIFE



(Feel free to add a category or split one in two)

1) Go around the Wheel and rate each area in your own life on a scale of 1 - 10 (1 = “it couldn’t be worse” and 10 = “it couldn’t be better”)

2) Go around again, and write a very brief statement of what a “10” would look like — your true ideal — for that area of your life. What you write could be as brief as one word (that really captures it for you), one sentence, several sentences, or more.

*It’s important that this doesn’t turn into an overwhelming task that feels like a drag. If it’s helpful, just do a quick (1-to-5 minute) go-around of the entire Wheel, giving one word or phrase that captures the essence of a “10” for you, for each area. You could then go around again and expand on your thoughts for each area.

If you want a free strategy session to explore whether or not coaching can support you in reaching a 10 in one or more areas of the wheel:

- Sign up here: <http://CascadiaWorkshops.com/session>
- Allow this exercise to percolate between now and your session.
- The deeper you allow your honesty with yourself to sink in with this exercise, the more it will serve you for our session and beyond.