

The Wheel of Life

Assessment Sheet



Better Than Ever You

Introduction to Health & Life Coaching



DISCOVER WHAT WANTS TO BE NOURISHED...

Look at each section and place a dot on the line marking how satisfied you are with each area of your life. A dot placed nearer the center of the circle indicates dissatisfaction, while a dot placed toward the outside indicates ultimate happiness.

When you have placed a dot on each of the lines, connect the dots to see your Wheel of Life.

- Are there areas where your Wheel is flat?
- Are these areas calling to be NOURISHED?
- How so?

