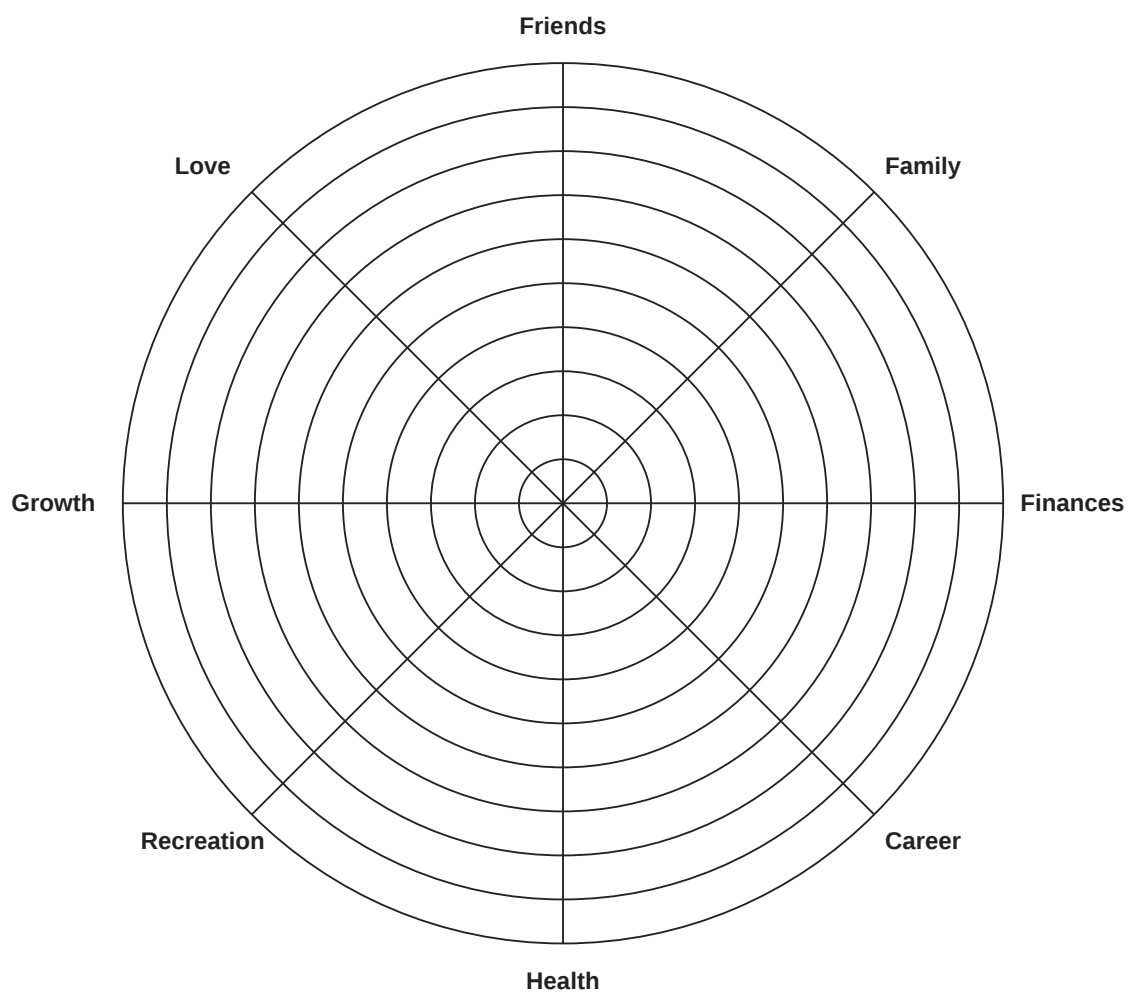


The Wheel of Life – Template

thecoachclub.se



How to use this template

1. Rate each life area from 1 (center) to 10 (outer edge).
2. Mark a dot in each slice and connect the dots with a line.
3. Ask yourself: Where is the imbalance? Which area gives the most leverage first?
4. Choose ONE action for next week. Write it below.

My first action: _____