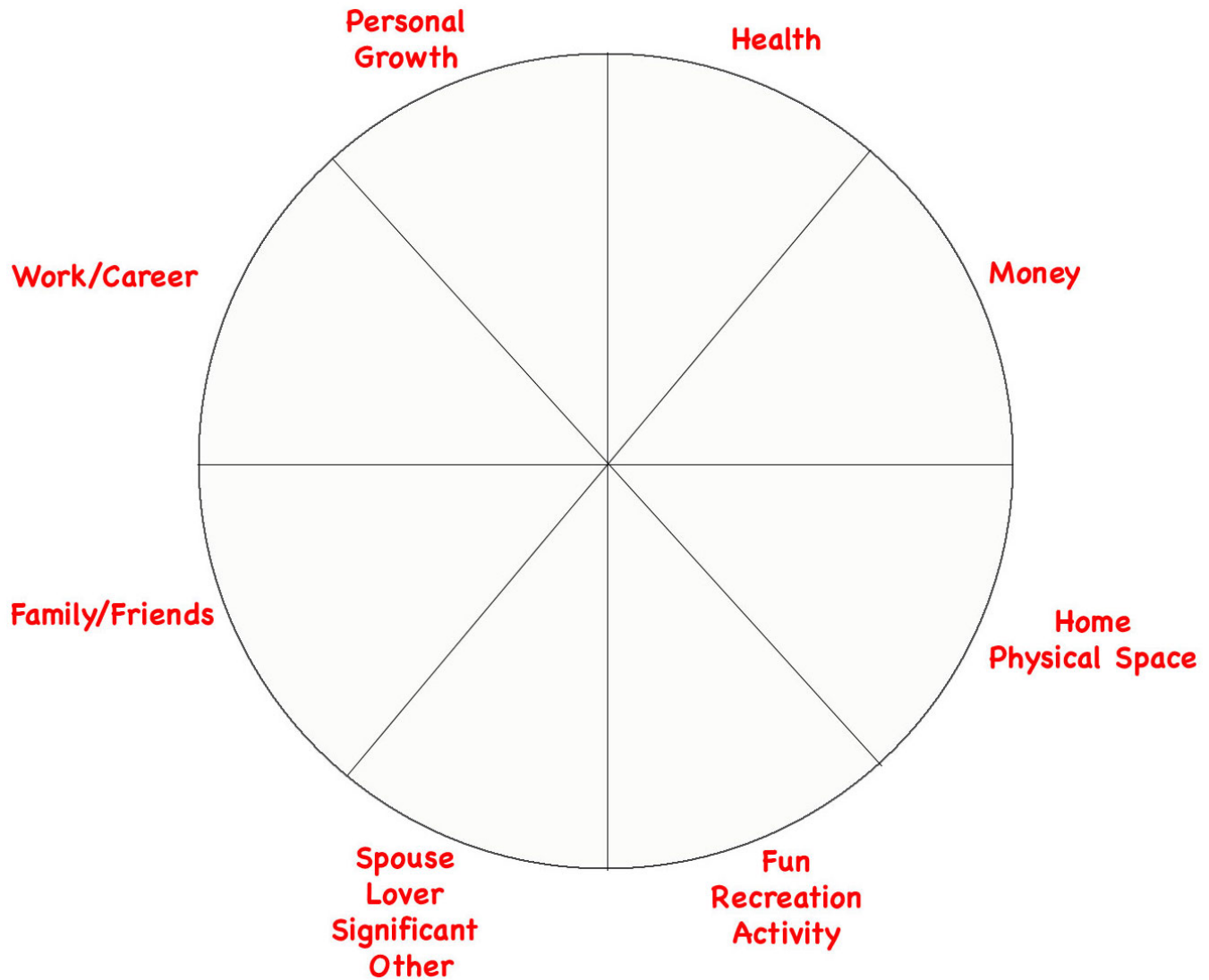


Crave More Life Coaching

Wheel of Life Exercise

There are 8 sections of this wheel, each one an aspect of your life. With the centre being a 1 and the outer edge being a 10, rank your satisfaction with each area by drawing a line to create a new outer line. How bumpy is your ride?



**Original Wheel of Life Concept borrowed from the Coaches Training Institute.*



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