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Dear Subscriber

Here is the **Life Wheel Tool** from **101 Tools Life Coaches Use®**.

I hope you will find it useful to use yourself or with your clients!

After you've taken a look, I'd love to hear your feedback, comments or suggestions.

Enjoy!

Kind regards

**Harley M Storey**

The Life Coach Toolman

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P.S. You can get a free copy of 20 Tools Life Coaches Use® by [clicking here](http://www.life-coach-tools.com).

## ***The Life Wheel***

*This is the first tool I do with a client and helps you get a snapshot of “where you're at”*

- Get a blank sheet of **paper**
- **Draw** a large circle
- **Divide** the circle into eight segments – like a pizza – where each piece represents an area of your life as it is now.
- **Label** each piece - as Health, Self-space, Personal Development, etc.

This Life Wheel is labeled with eight areas of life.

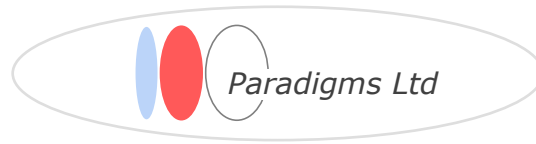


You can use these labels or, if there is a specific area of your life you would like to examine just substitute a category.

The general categories are:

- **Fun** - Happiness, Hobbies
- **Relationship** - current or future Life Partner
- **Career** - Job satisfaction, Career path
- **Family** - Children, Parents, Relatives
- **Social** - Friends, Sport, Activities
- **Health** - Exercise, Diet
- **Financial** - Savings, Investments
- **Creative** - Self-space, Spiritual, Sport, Artistic

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1. **Assign** a number from 1 to 10 next to each category.

Write 1 if you are unsatisfied in this area and up to 10 if you are totally satisfied.

2. Look at your **scores**.

What are the 2 lowest scores?

What are the 2 areas you would most like to move forward?

3. Moving **forward** ...

How would you feel if you could significantly move forward in these 2 areas?

- 1.
- 2.

4. **Action**

What actions can you take to start moving forward in these areas?

- 1.
- 2.

