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Taking you from Surviving to THRIVING, one STEP at a Time

www.stepmomcoach.com

This wheel contains eight sections that, together, represent one way of describing a whole life.

This exercise measures your level of satisfaction in these areas on the day you work through this exercise. It is not a picture of how it has been in the past or what you want it to be in the future. It's a snapshot taken in the moment. It's not a report card on how well you've performed or what you've achieved. The emphasis is on your level of satisfaction in each area.

Using the Wheel of Life:

1. The Wheel of Life is a tool I use as a coach to get a snapshot of how satisfied you are in your life. There are eight areas on the wheel. You may want to change the categories to reflect the areas of your own personal situation.

For example: You may choose to break the category of ex-spouse/partner and/or extended family into two separate categories. You might want to change Finance to Travel or add a different category.

2. Rate your level of satisfaction in each of the areas.

For example, zero means not satisfied and 10 means highly satisfied.

3. After you've rated each of the areas, connect the lines to form an inner wheel. This gives you an overview of balance in your life. *Remember, this is not about getting 10s! It's about a smoother ride.* "If this wheel were a tire on your car, how bumpy would the ride be?" Write it down on your sheet and date it.

4. Then, look at what area you'd like improvement on? What area are you ready to make a change in? This could be the time to get together with me to discuss what we can do to improve that particular area of your life.

5. With this knowledge, what will you do to start making some changes in your life? When? How can I help you? Support you?

Date this worksheet and add any comments, reflections you have from doing this exercise.

If you'd like to talk about what you learned, let's get together. Set up a Free 30-min session at <https://www.stepmomcoach.com/calendar01>

Directions: The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?

