



Coaching Wheels Homework



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Before your first coaching session, please select and complete one of the wheels below that feels most appropriate for you.

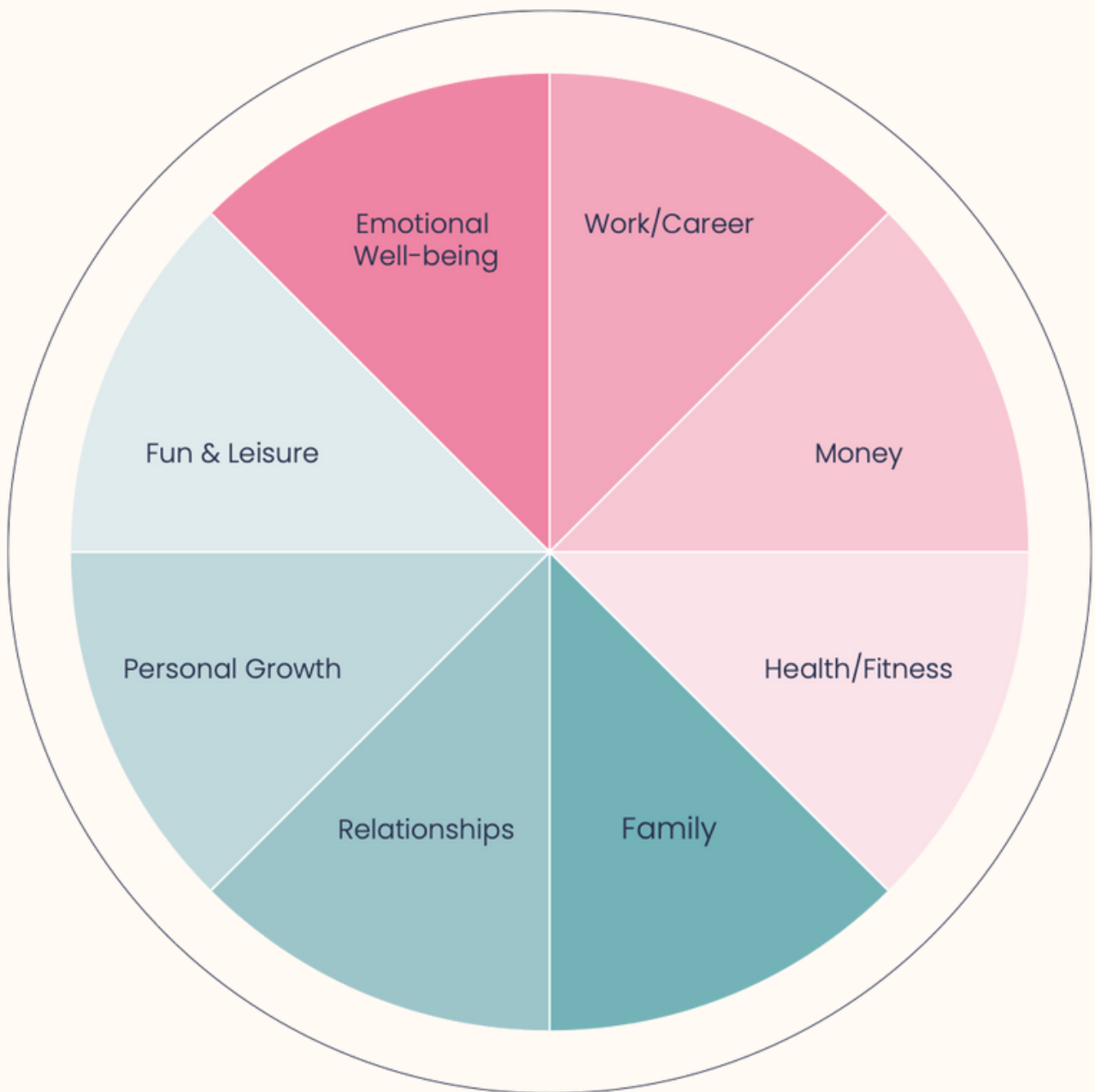
For the wheel you've chosen:

1. Review the 8 Wheel Categories – think briefly about what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment representing your satisfaction score for each area.
 - Imagine the centre of the wheel is 0, and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
 - Now draw a line and write the score alongside
 - IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!

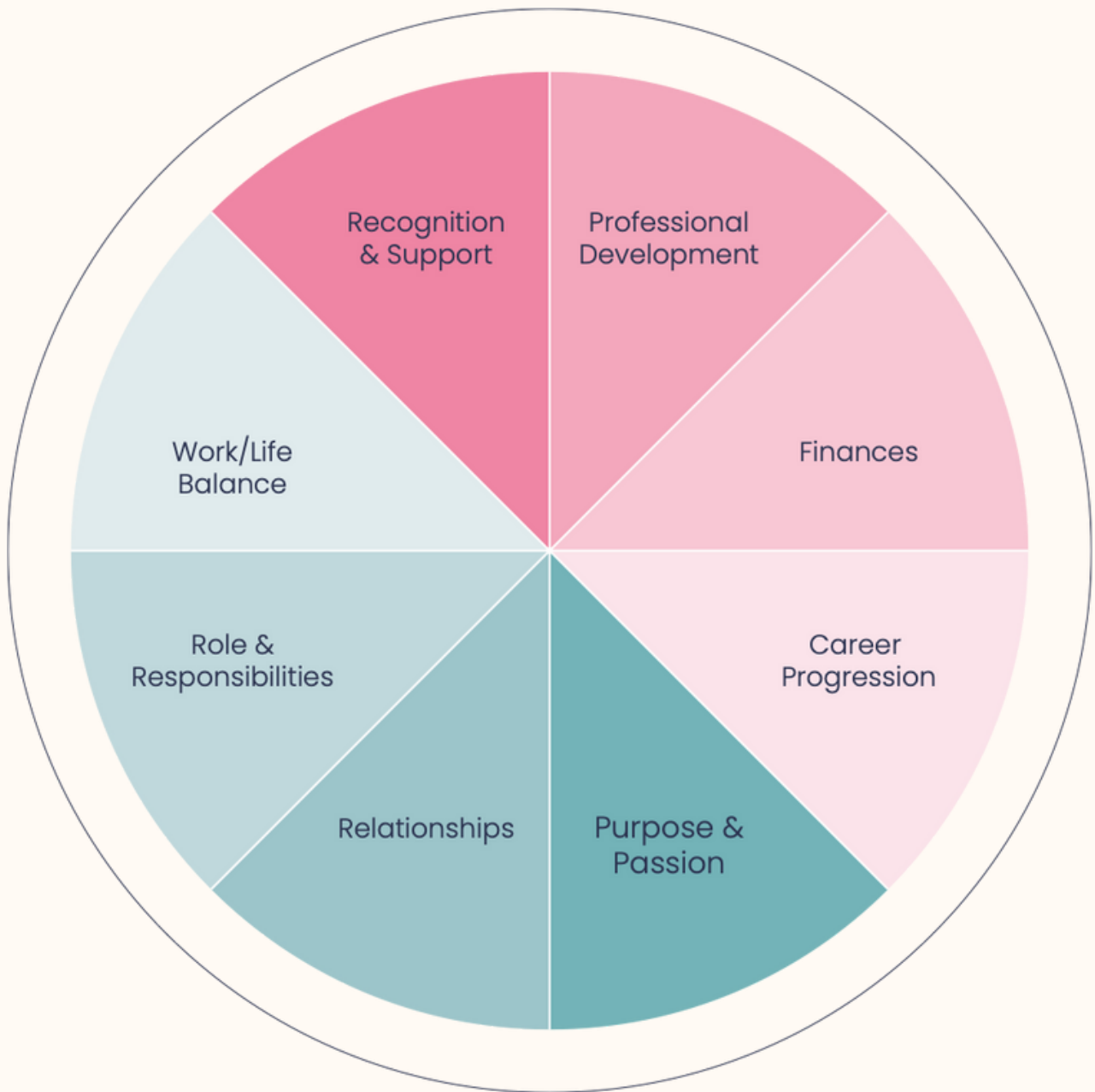
On the final page is a sample completed Wheel of Work, so you can see what your completed wheel should look like.



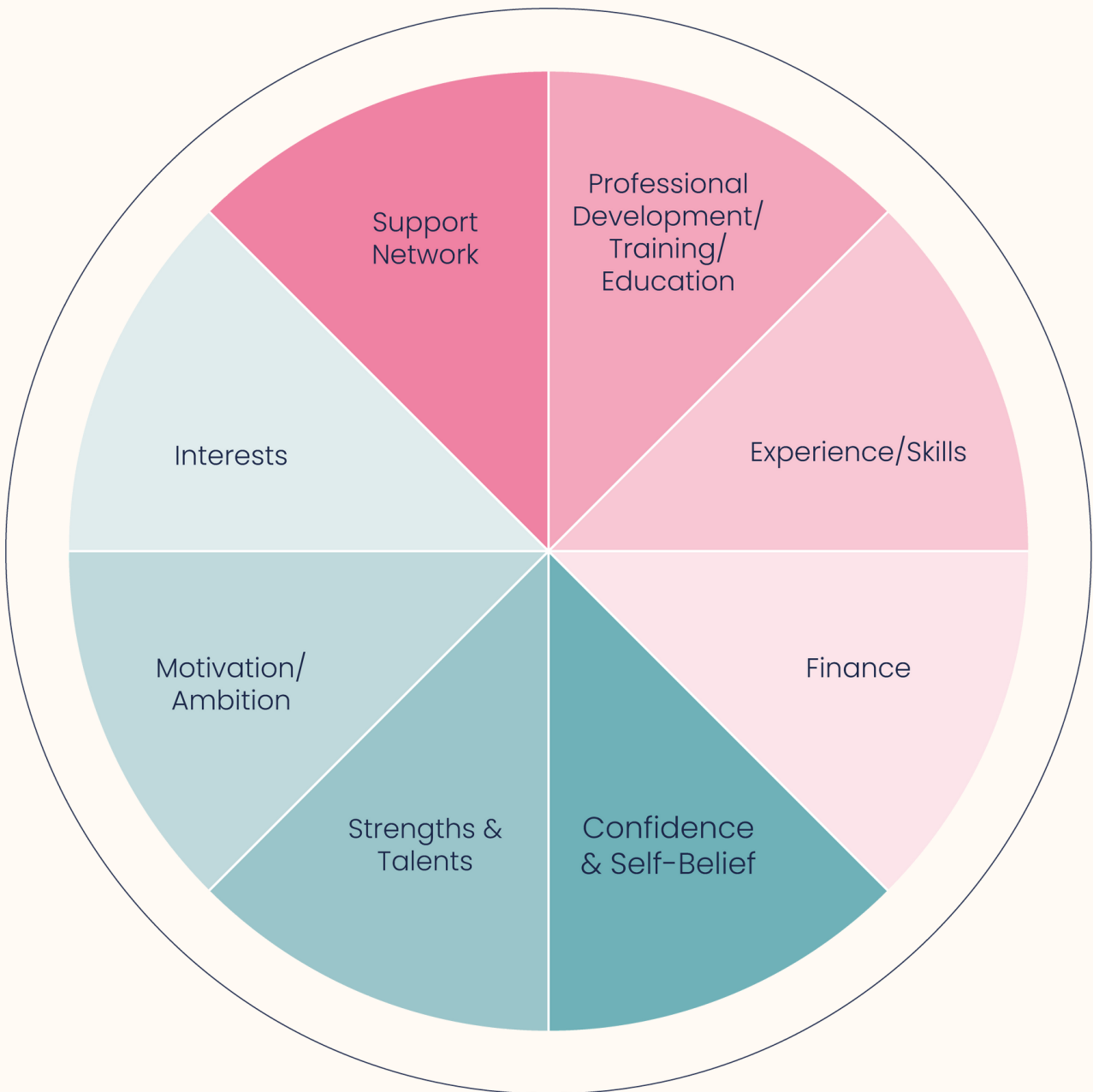
Wheel of Life



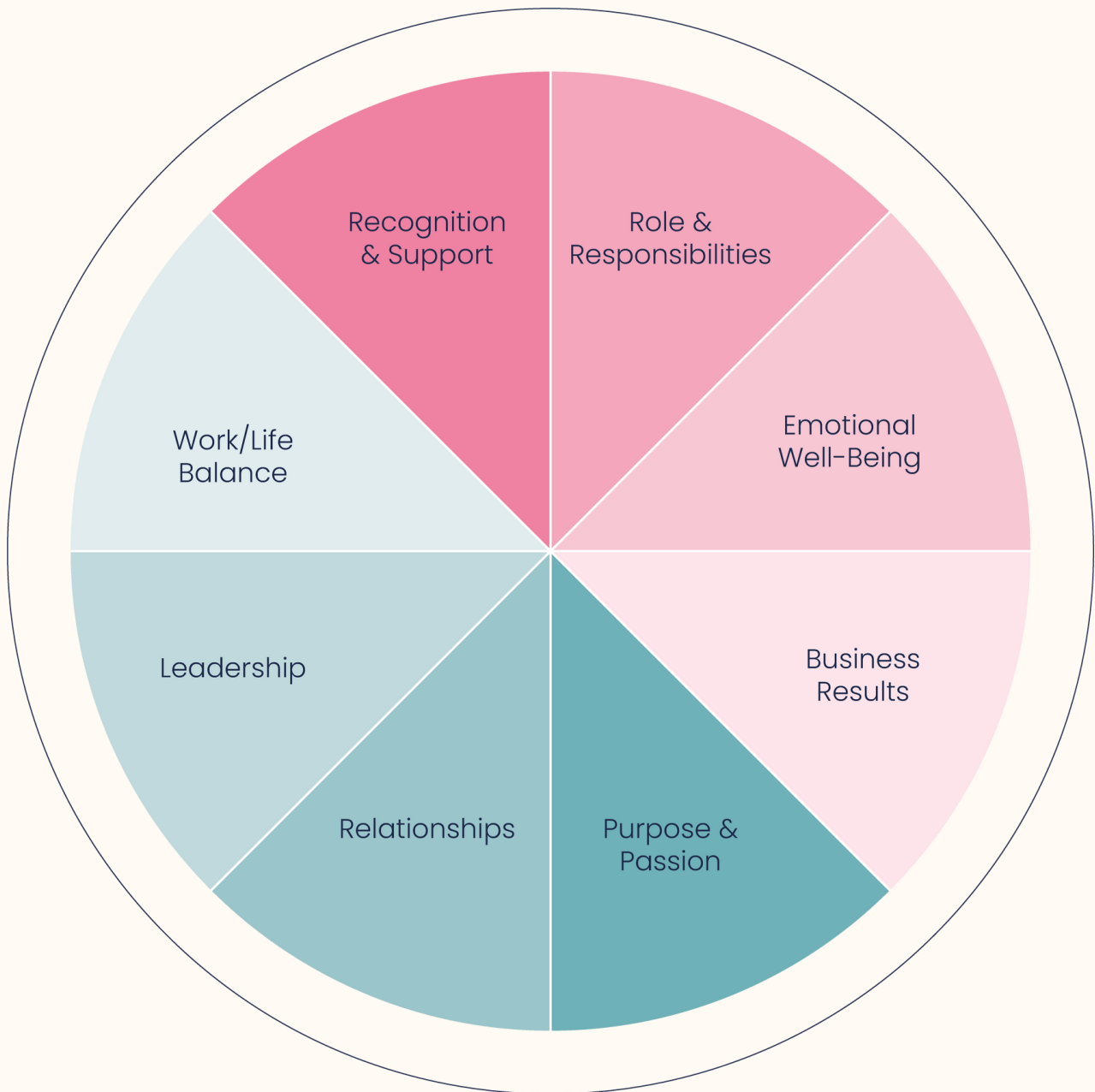
Wheel of Work



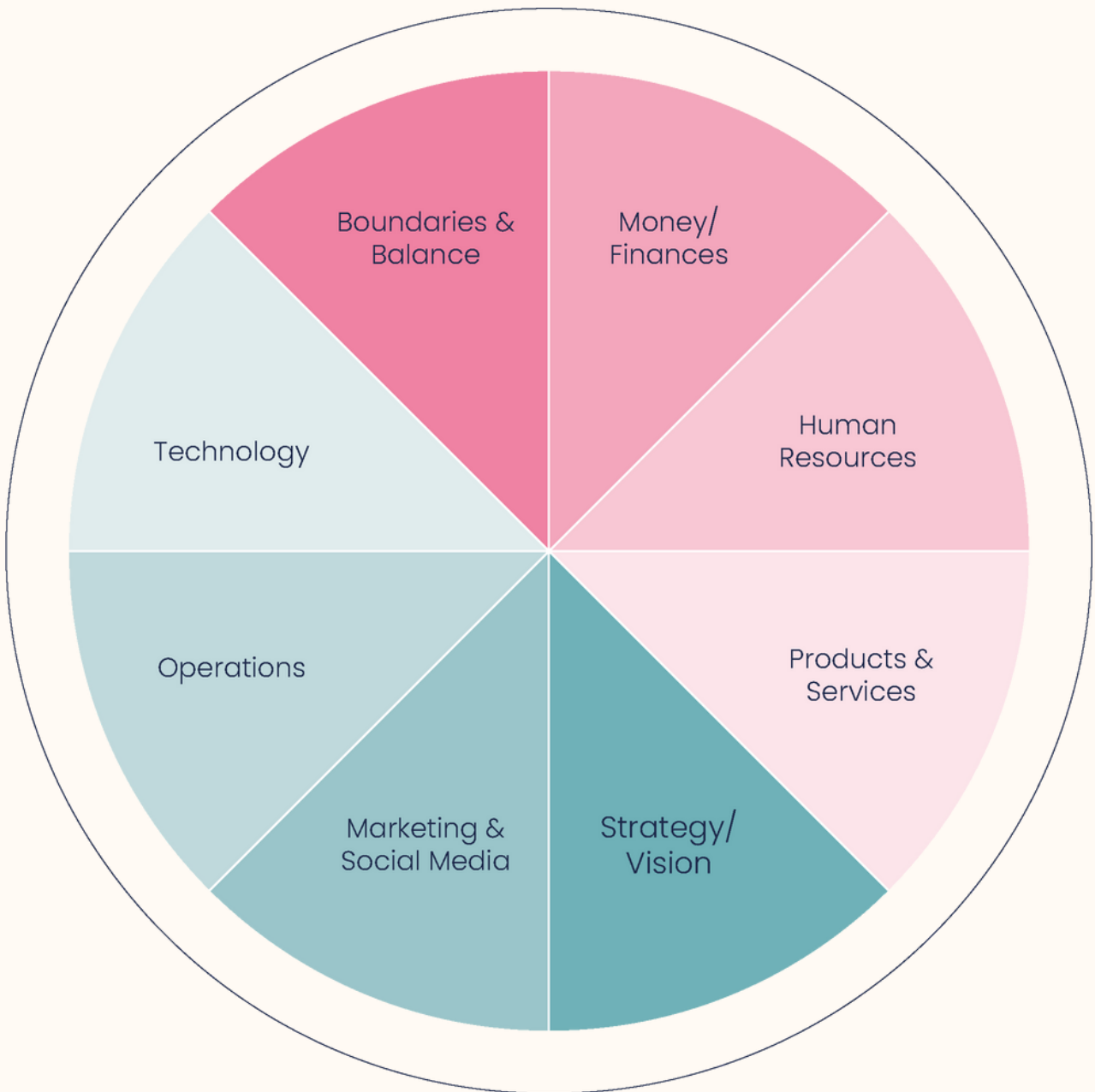
Wheel of Employability



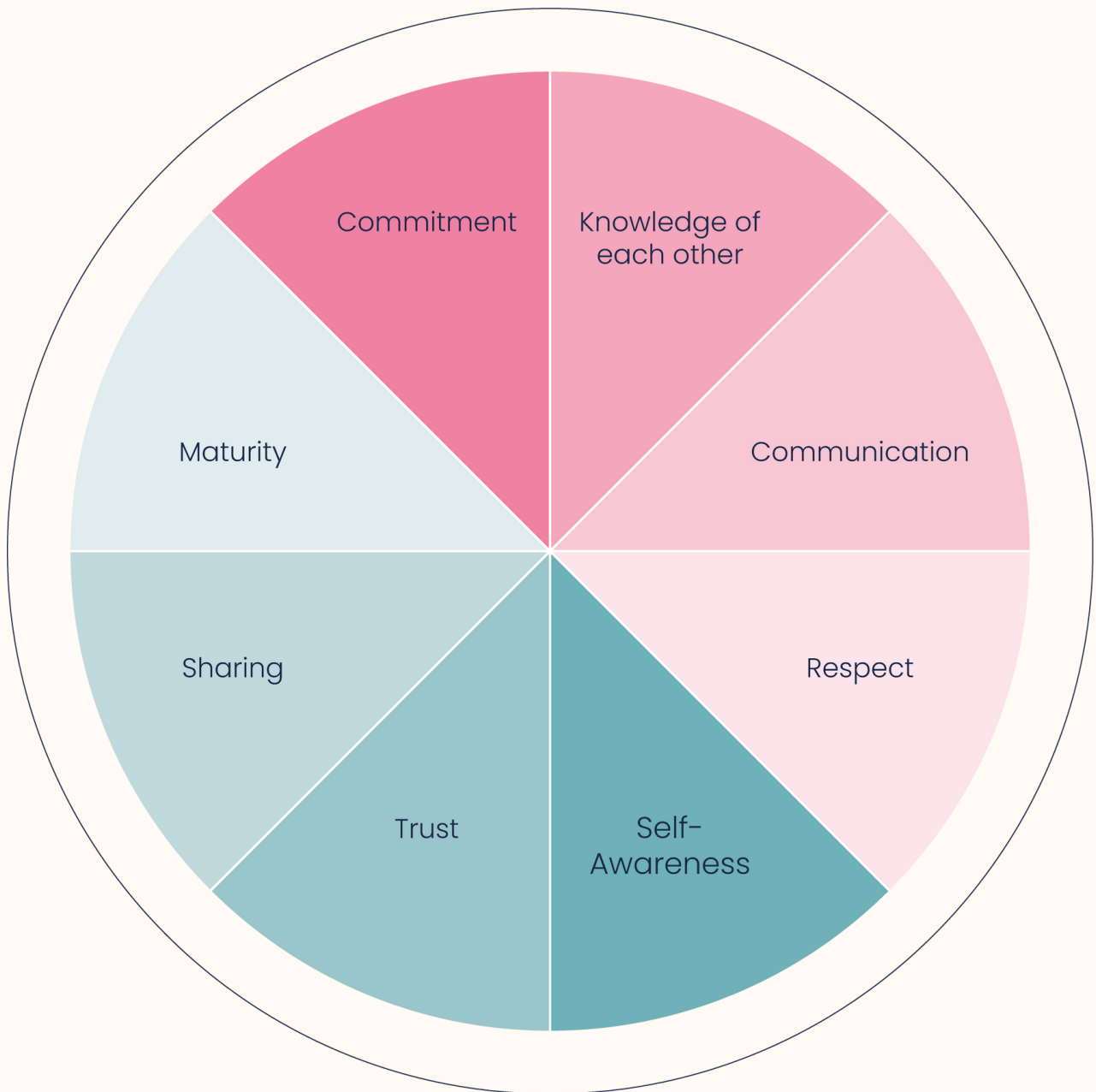
Wheel of Leadership



Wheel of Business



Wheel of Performance



Example of Completed Wheel of Work

