



Jim Merhaut

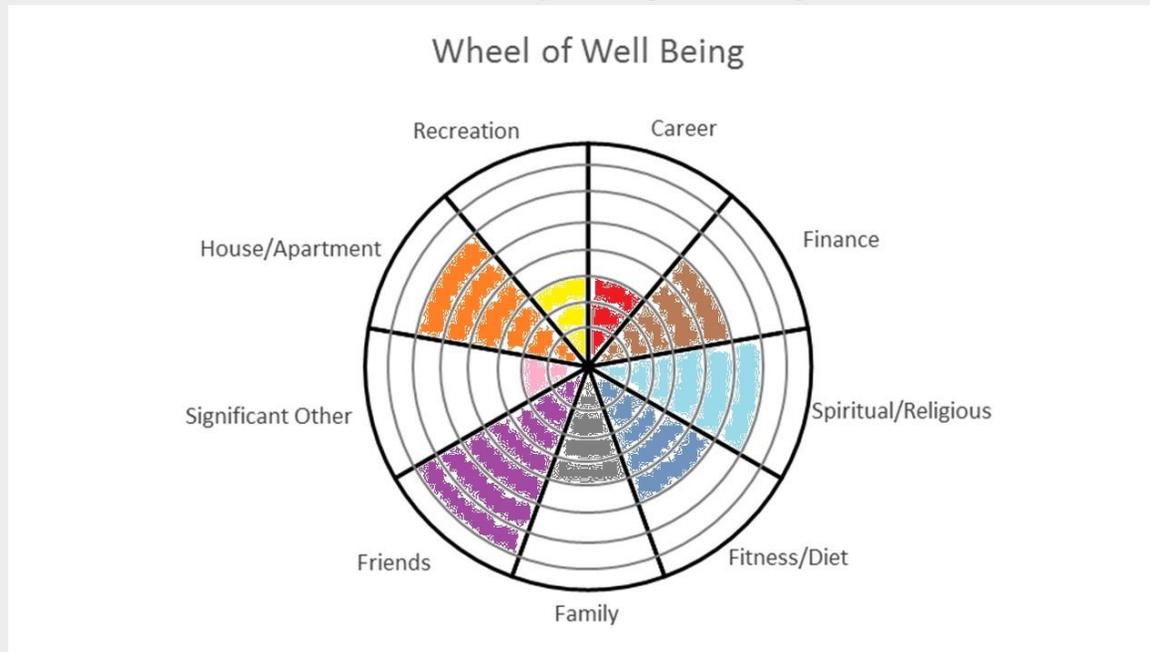
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Wheel of Well Being

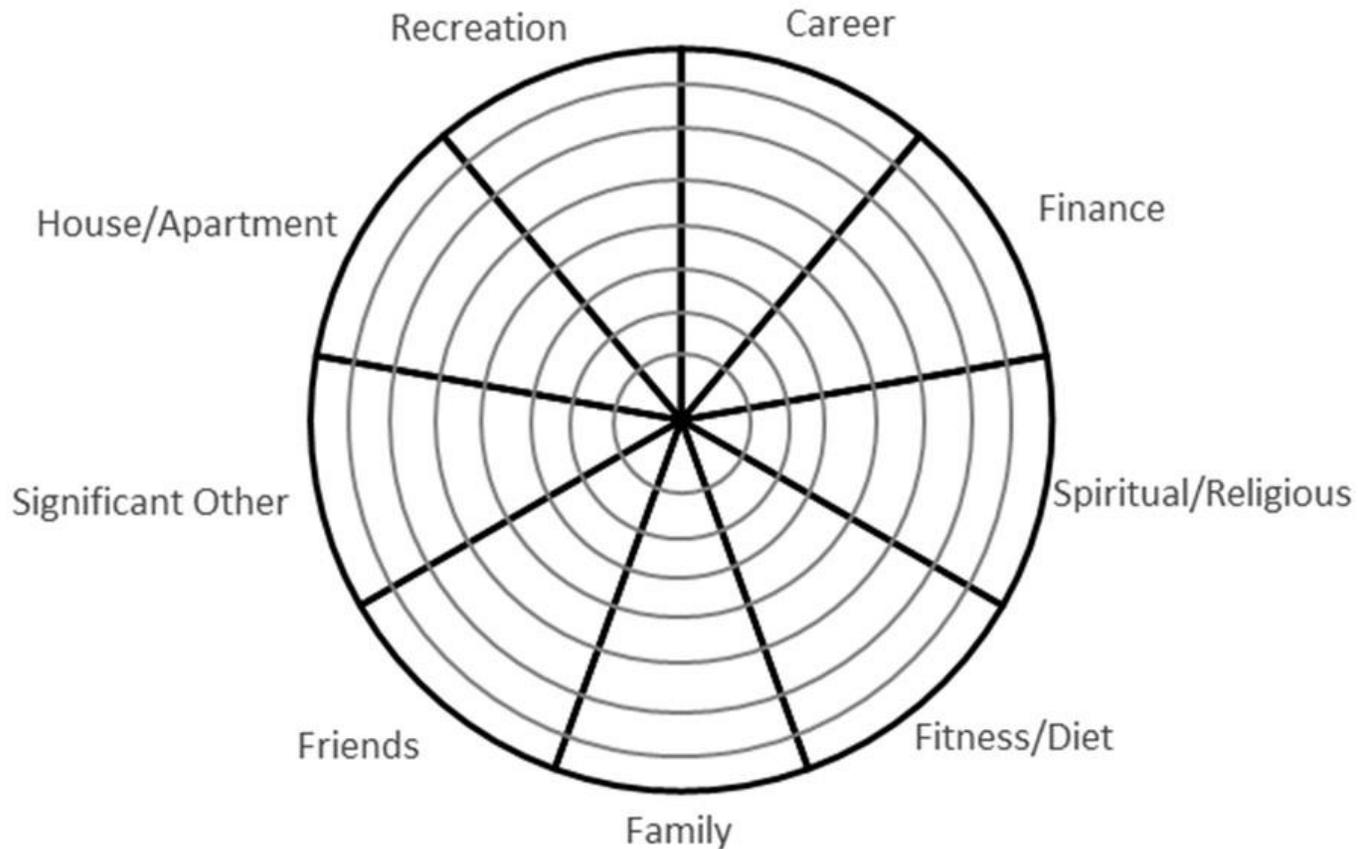
Directions: The nine sections in the wheel represent fundamentals of life. Regarding the center of the wheel as “empty” and the outer edge as “fulfilling,” rank your level of satisfaction with each life fundamental by shading or coloring the sections for each area of your life (see example).



In the example above, this person’s relationship with her significant other is not nearly as fulfilling as her relationship with her friends. She is also more satisfied with her finances than her career.

Use the next page to complete your own Wheel of Well Being.

Wheel of Well Being



Think about your Wheel of Well Being after your finish shading/coloring:

What does your wheel teach you about yourself?

The outer edges of your colored areas represent your current Wheel of Well Being. How bumpy would the ride be if this were a real wheel? Professional coaching can help restore balance to your life. Contact us at info@coachingtoconnect.com or visit www.CoachingToConnect.com.