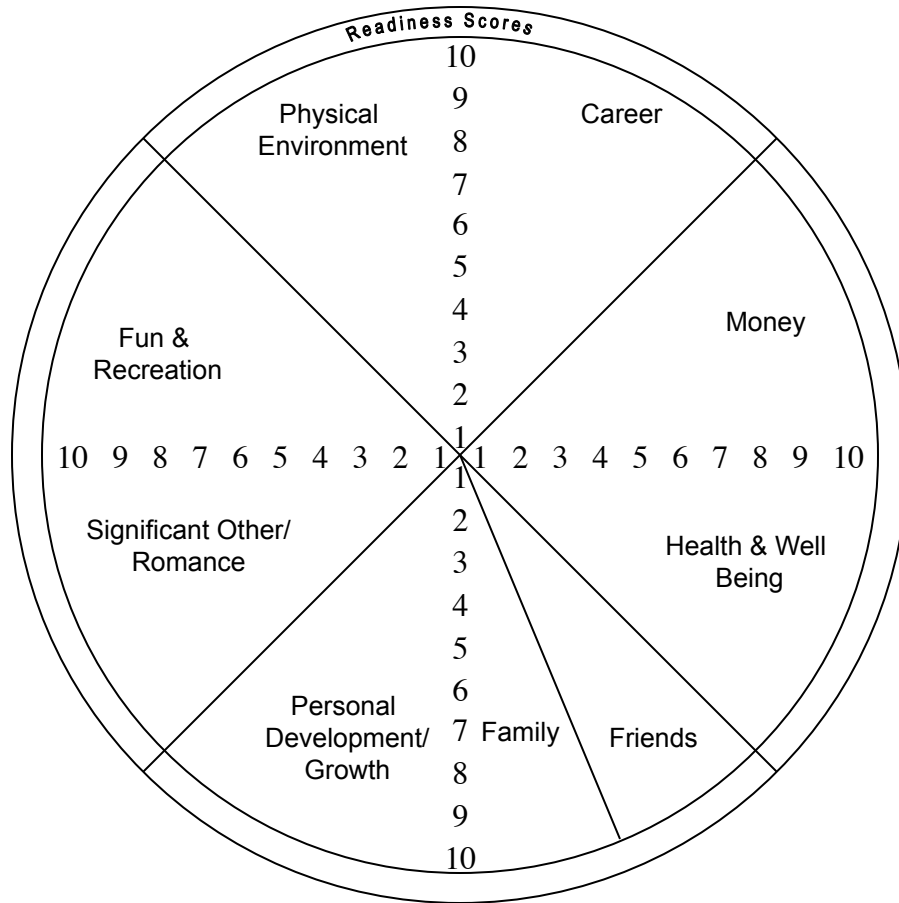




WELLNESS MAPPING 360™
METHODOLOGY

The Wheel of Life in Coaching



Personal Life Wheel

Rank your level of satisfaction in each area of your life. The closer you are to 10, the more fulfilled you feel. Once you have marked your number in each area - connect each number forming a new outside perimeter for your circle.

- How smooth or bumpy is your life?
- Are there areas of your life that need attention?
- What areas of your life are you willing to address now, soon, later?