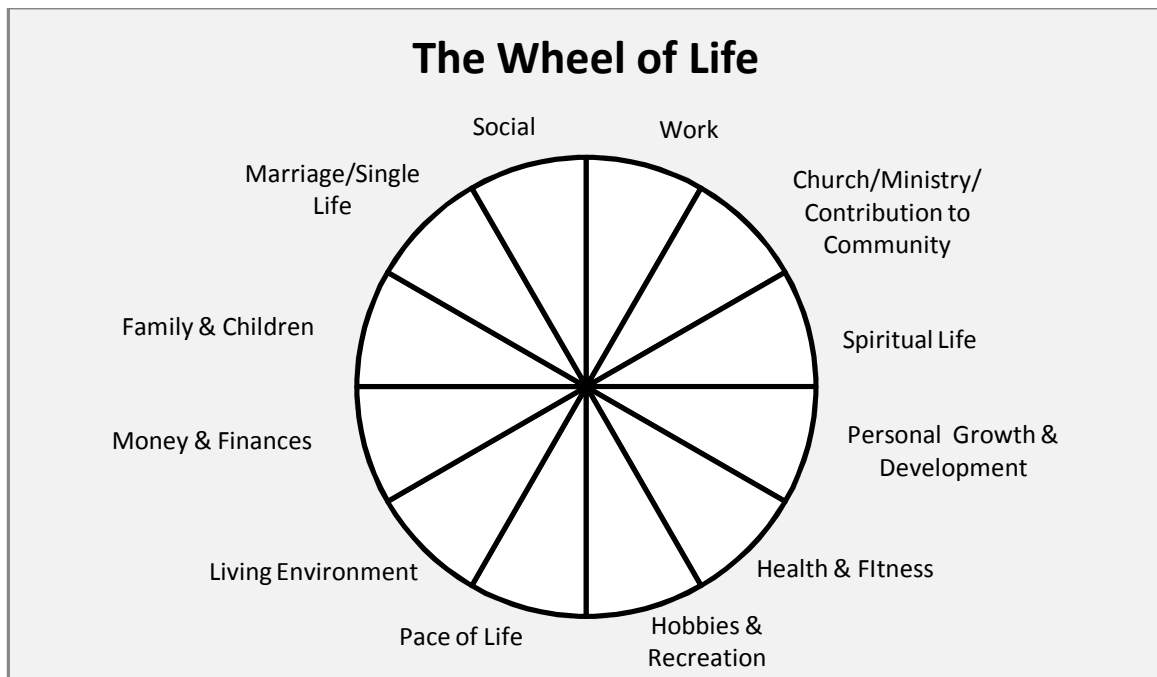


## THE WHEEL OF LIFE TOOL

Can you remember ever being on a bumpy ride? I certainly can. When my family and I lived in China we would sometimes take groups out to visit some of the tribal groups that lived in remote villages seemingly beyond normal civilization! At times, there were no made-up roads which made for a very unpleasant journey. We could hardly wait until we arrived or were back on roads that provided us with a smooth ride home.

We all want certain things to be different in our lives. Sometimes we are on a bumpy ride and we just want to get off. If you're not sure what needs to be changed in your life, the *wheel of life* tool can be useful to identify where the bumps are and what issues can be addressed through a series of coaching sessions. Minimizing the bumps helps for a smoother ride through life.



For each of the sectors on the chart above, rank yourself on a scale of 1 to 10: "How satisfied am I with this area of my life?" For instance, if you are feeling great about your Personal Development, you might give yourself a "9". So, shade in 9/10ths of the Personal Development segment, starting from the inside out.

The diagram gives you a picture of how your present life matches up with what you want it to be.

Why not contact me for a free, non-obligatory introductory interview call to help you decide if you would like me to coach you?

**Stuart Simpson**

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