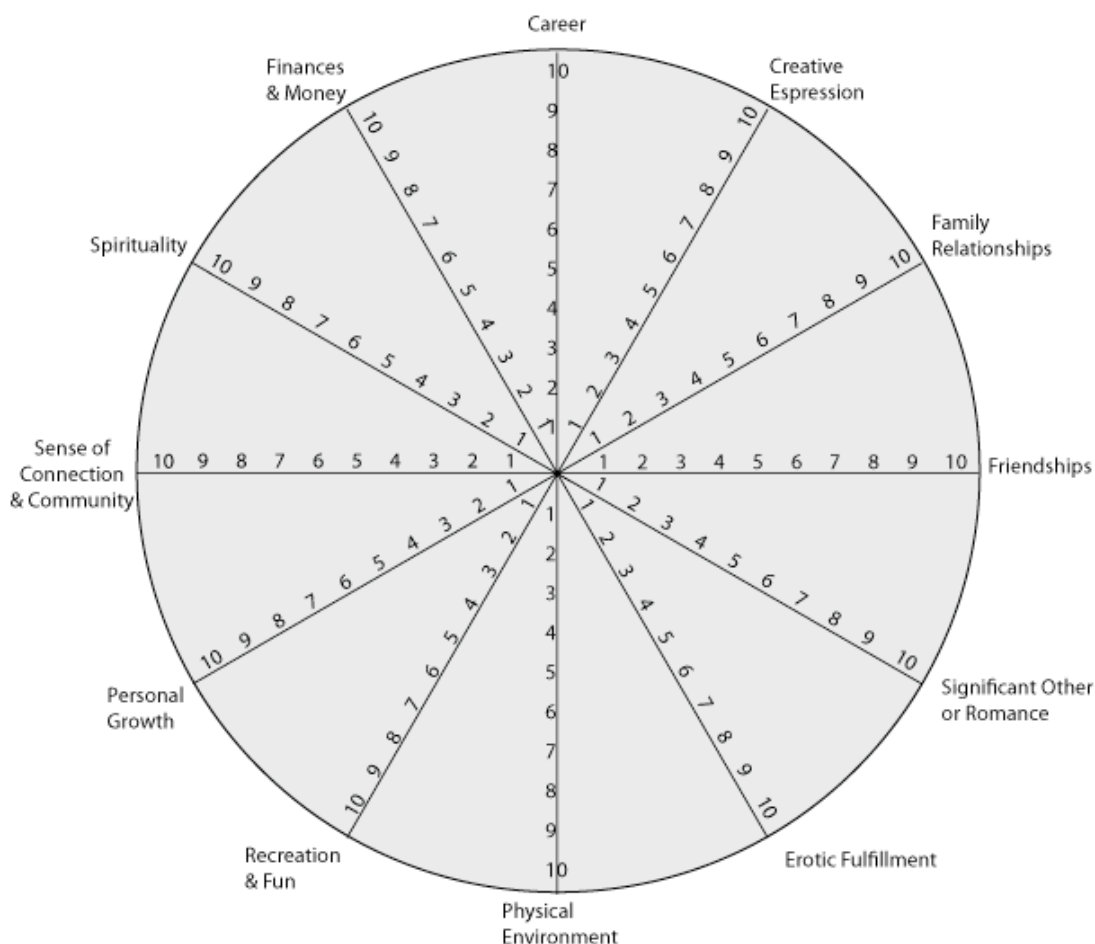


# Your “Wheel of Life”

*Think of your life as being like a wheel:*

*How large would your life wheel be? How round and balanced would it be? Let’s find out. . .*



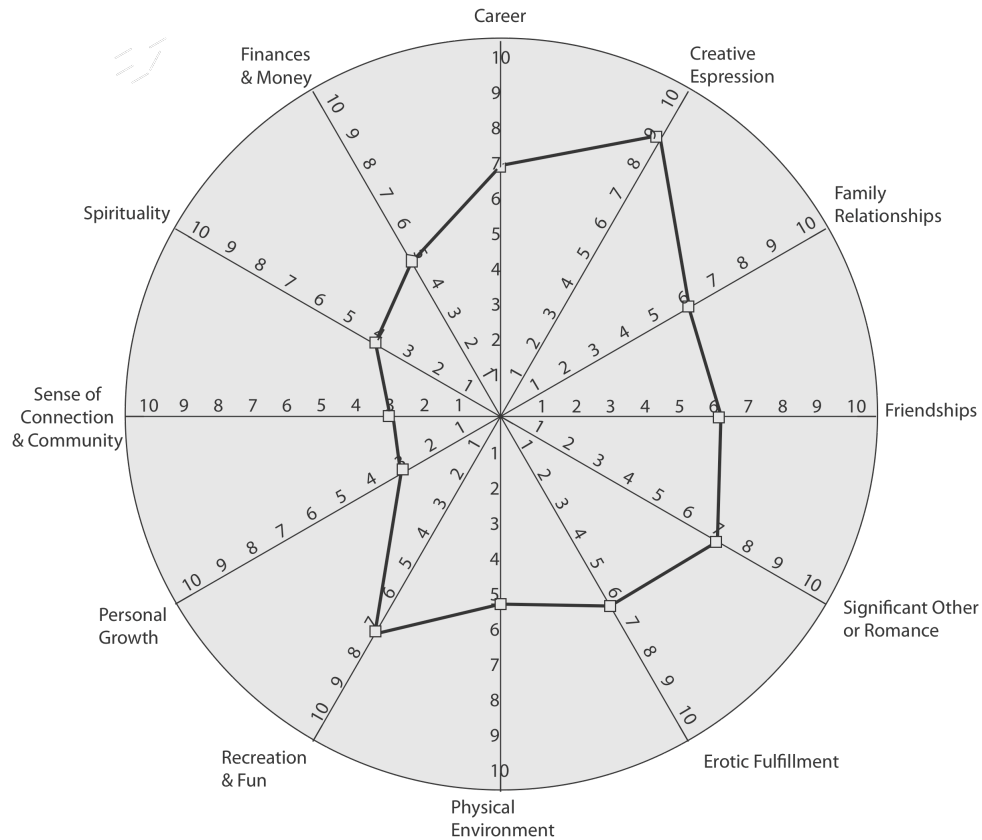
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## **Instructions:**

Each of the 12 segments on this wheel diagram represents an important life context, shown in no particular order of importance. Assume the center represents a value of 0 and the outer edge represents a 10. Now, visit each segment around the wheel and **mark the value that represents how satisfied or fulfilled you are in each context of your life (10 = highly satisfied/fulfilled; 0 = not very satisfied/fulfilled)**. Next, draw a line connecting each of the points you plotted to the adjacent points. Now, imagine that this is your “Wheel of Life.” Notice the new perimeter and shape. Notice any flat spots (very normal!). If this were a wheel on a car, how smooth would the ride be? If you could increase the satisfaction/fulfillment score for the life contexts most important to you right now, how do you think the “ride” be different?

**(See example, next page)**

# Example: Your “Wheel of Life”



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*If this were a wheel on a car, how smooth would the ride be?*

**Working with a coach can help smooth and enlarge your life.**

**Contact me to arrange for a free one-hour consultation call:**

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