

## Self-Coaching Wheel

**Physical Environment**

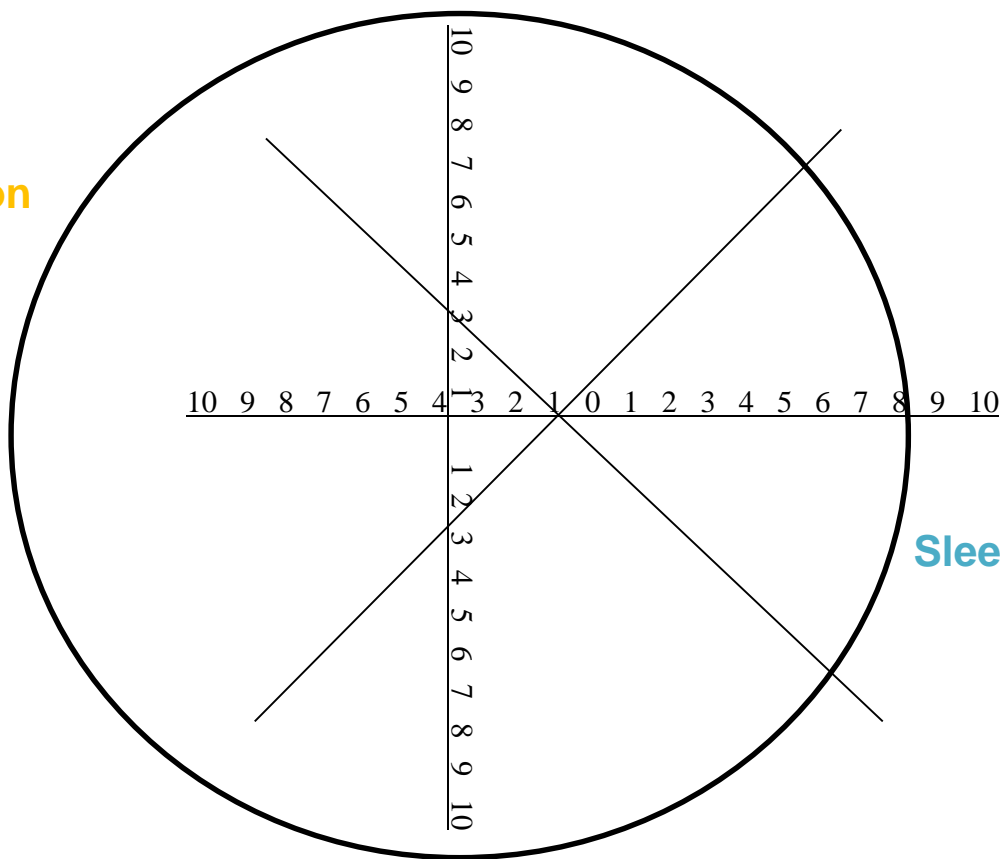
**Activity**

**Fun & Recreation**

**Nutrition**

**Daily life/Job/work**

**Sleep**



**Relationships**

**Time for your self**

Use this tool to assist you in evaluating where you are right now in your life and to envision where you want to be.

Using the scale of 1 to 10 with 10 being most satisfied and 1 being less satisfied evaluate the areas of your life. Connect the dots. What does your wheel look like? Do you wish to improve one area?

If the answer is yes then choose an area to improve on and think of one small step to move forward to improving this area of your life.