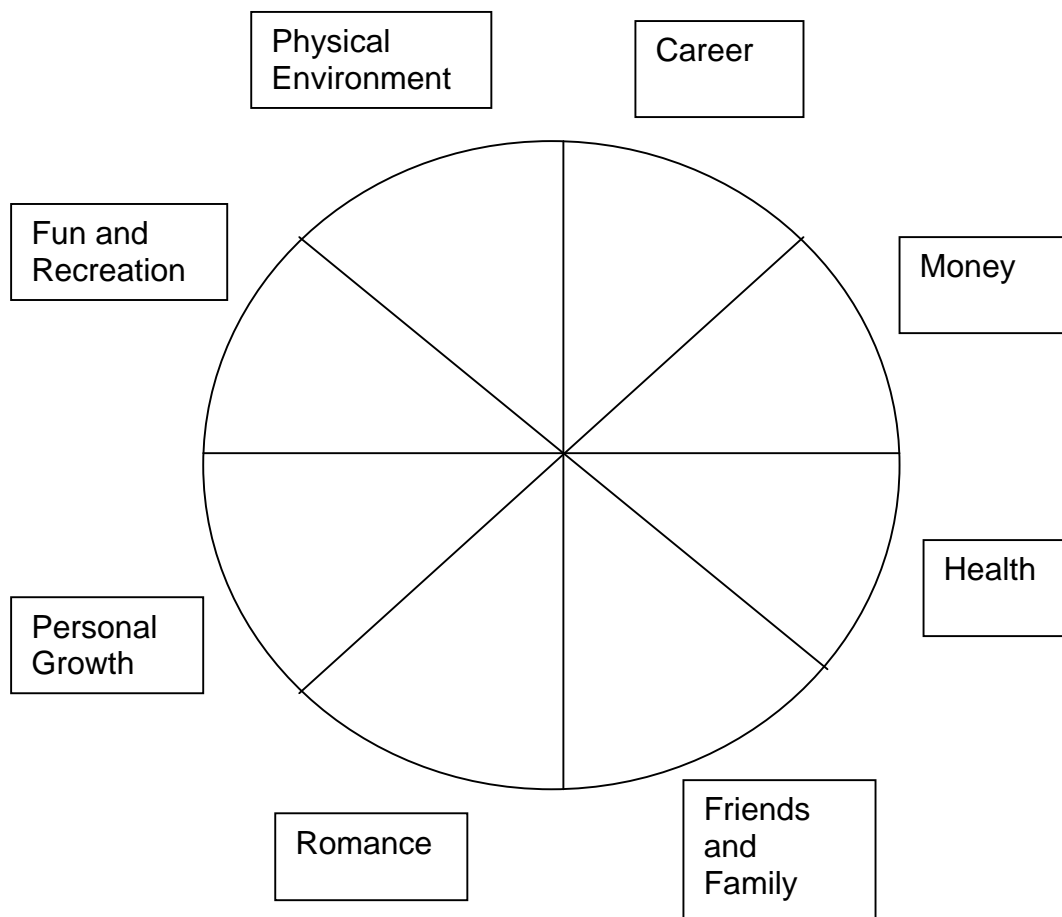


# Serenity Coaching

## Executive and Life Coaching

### Wheel of Life Exercise

Direction: The eight sections in the Wheel of Life represent balance. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?



Please send to Serenity Coaching at 25765092 or email [skshum@serenitycoaching.net](mailto:skshum@serenitycoaching.net)

