

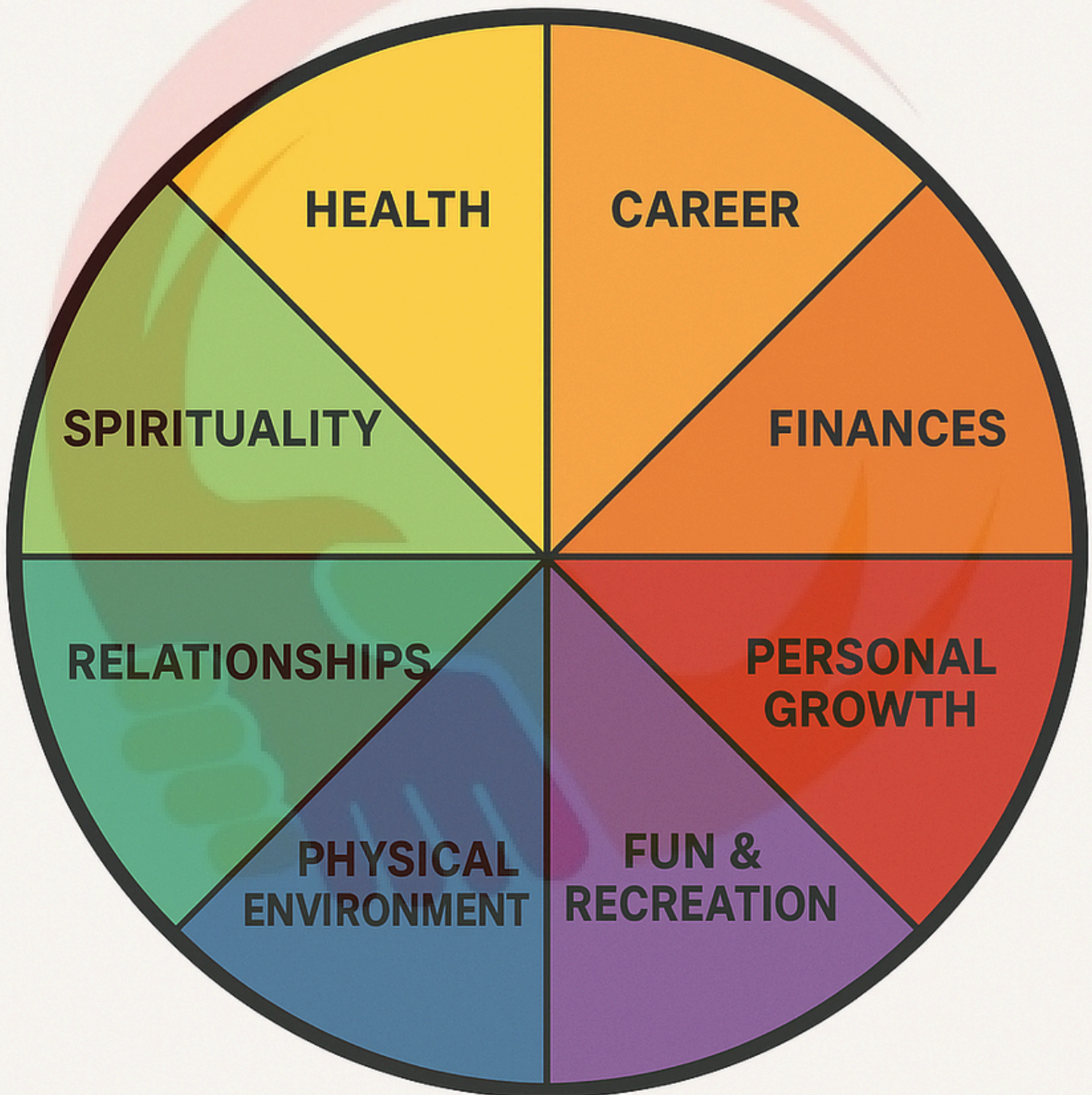
The image features a light cream background. On the left, there are four vertical bars of equal width in teal, dark brown, orange, and yellow. In the center, there is a large, faint, stylized graphic of a hand holding a wheel, rendered in shades of pink and yellow. The text 'Time to Succeed' is positioned above the main title.

Time to Succeed

# **Coaching Wheel of Life Worksheet**

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# COACHING WHEEL OF LIFE



# Coaching Wheel of Life Worksheet

Gain clarity. Create balance. Take action.

## Step 1: Understand the Wheel

Each section of the Wheel of Life represents an area that matters to your overall happiness and fulfillment. You can rename or adjust these areas if needed.

Category	Description
Health	Your physical and emotional wellbeing
Career	Your work satisfaction and growth
Finances	Financial stability and confidence
Personal Growth	Learning, mindset, and self-development
Fun & Recreation	Leisure, joy, and creativity
Physical Environment	Home, workspace, surroundings
Relationships	Family, friends, partner, and social life
Spirituality	Connection, meaning, or inner peace

## Step 2: Rate Your Life Areas

Rate each area from 1 (very dissatisfied) to 10 (highly fulfilled). Mark your score on the Wheel of Life diagram and connect the dots.

Life Area	Rating (1–10)	Notes
Health		
Career		
Finances		
Personal Growth		
Fun & Recreation		
Physical Environment		
Relationships		
Spirituality		

## Step 3: Reflect

Use the prompts below to deepen your self-awareness.

- Which areas are you most satisfied with?
- Which areas feel out of balance or neglected?
- What might be causing the imbalance?
- How would improving one area affect the others?

Reflection Notes:

### Step 4: Set Priorities

Choose 1–2 areas to focus on first.

Focus Area	Why It Matters	One Small Step to Start

### Step 5: Create an Action Plan

Set a clear goal and action step for each chosen area.

Area	Goal	Action Step	When	How I'll Measure Progress

### Step 6: Revisit and Reflect

Set a reminder to revisit your Wheel in 3 months. Celebrate progress and adjust your focus areas as life evolves.

■ Remember: The Wheel of Life is not about perfection — it's about awareness, alignment, and empowered choices.