WHEEL OF ANYTHING INSTRUCTIONS

The 8 sections in the ‘Wheel of Anything’ represent whatever you want them to represent, I have included some suggestions as a starting point.

🌟 Please rename any category so that it’s appropriate for you.

🌟 Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example).

🌟 The new perimeter of the circle represents your ‘Wheel of Anything’. You can then look at the areas of least satisfaction and either on your own or with a coach focus on how these areas can be improved to slide towards a 10.