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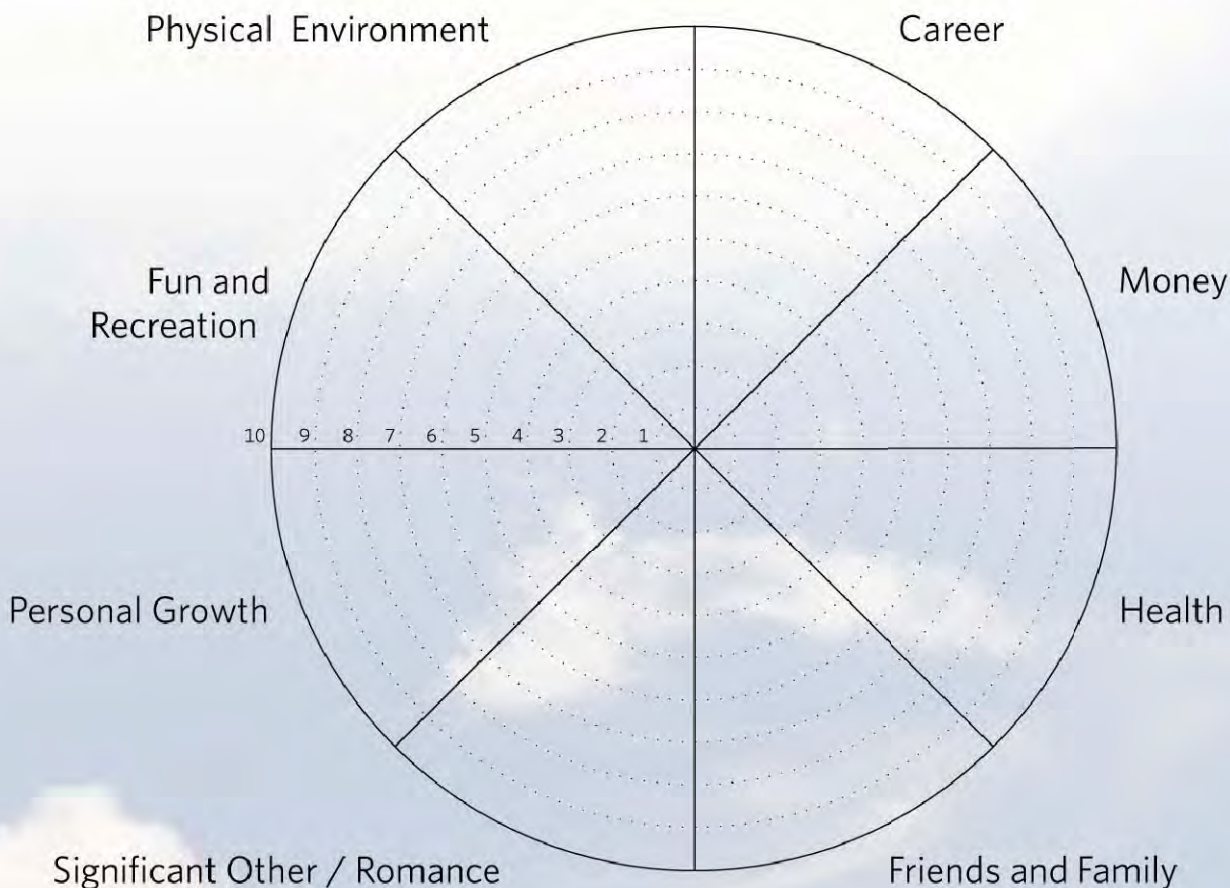
or contact Sue

Mob: 07931 996854

Tel: 0208 347 6572

Email: [sue@suebelton.com](mailto:sue@suebelton.com)

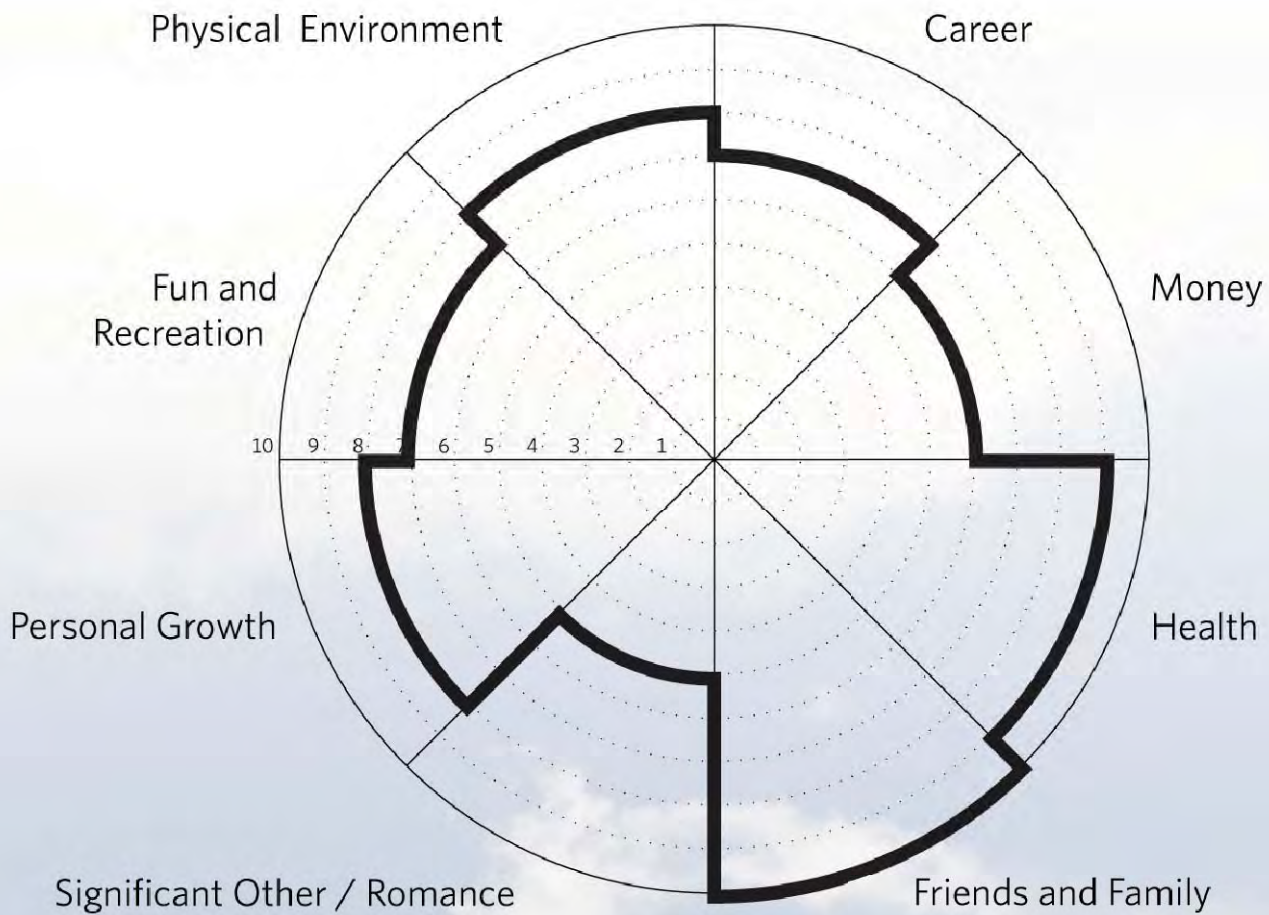
## Wheel of Life Exercise



**Directions:** This wheel contains eight sections that, together, represent one way of describing a whole life. This exercise measures your level of satisfaction in these areas on the day you work through this exercise. Taking the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Let's start to look at areas where you want to improve your level of satisfaction and think about what you might do to accomplish that.

# Wheel of Life Exercise cont'd

## Example



*Sue Belton*

CLARITY & CHANGE



Sue Belton is a Certified Life Coach whose passion is to help people find clarity, focus, motivation, and get the most out of life – both personally and professionally.

Certified Life Coach CPCC, ACC

Sue does this by working with her clients so that they are crystal clear about which direction to take next, and the life they want to create. She gives them so much motivation and support – that they can't help but make it happen.

Personal and professional life coaching,  
to achieve clarity, focus, and motivation...  
and live the life you really want.