



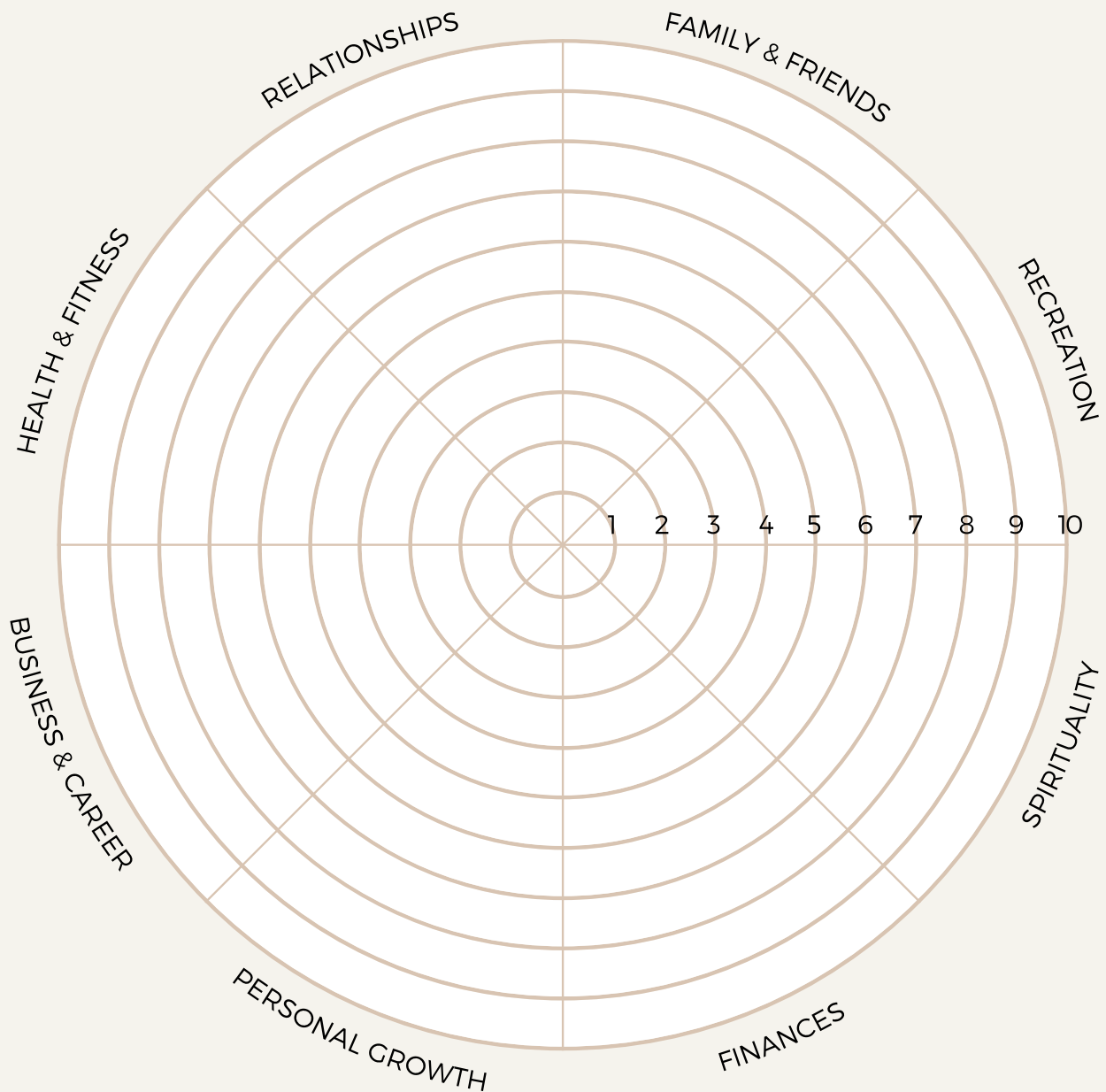
DEANNA TURNER CONSULTING

BUSINESS, CAREER & LIFE COACH

WHEEL OF *life*

Think about the 8 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.

MONTH _____





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WHEEL OF *life*

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.

FAMILY & FRIENDS

RECREATION

SPIRITUALITY

FINANCES

PERSONAL GROWTH

BUSINESS & CAREER

HEALTH & FITNESS

RELATIONSHIPS



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WHEEL OF *life goals*

Choose the areas you'd like to work on and think about the goals and next steps you'll need to take to get there.

FAMILY & FRIENDS

1.

2.

3.

RECREATION

1.

2.

3.

SPIRITUALITY

1.

2.

3.

FINANCES

1.

2.

3.

PERSONAL GROWTH

1.

2.

3.

BUSINESS & CAREER

1.

2.

3.

HEALTH & FITNESS

1.

2.

3.

RELATIONSHIPS

1.

2.

3.