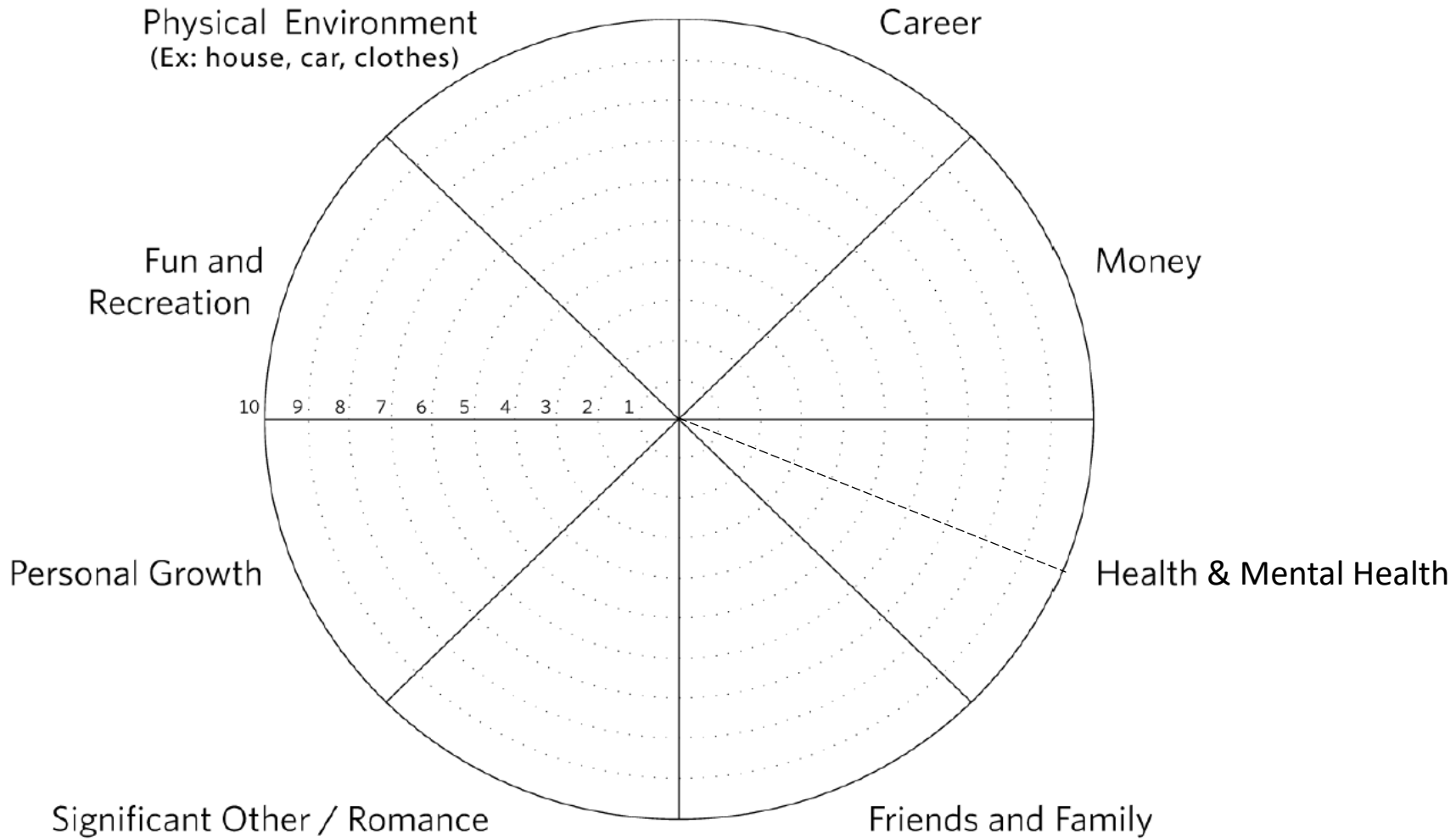


Life Scan Wheel



Assess your satisfaction with your life as it is now. The center represents zero satisfaction and the outer edge 10 – total satisfaction. Rate each wedge on this 0-10 scale the draw a line connecting each. What kind of wheel emerges? Consider what energy you have for change for any low scoring areas if you feel these are important for you to change. Consider how the areas of satisfaction or dissatisfaction link to your development goals for coaching.