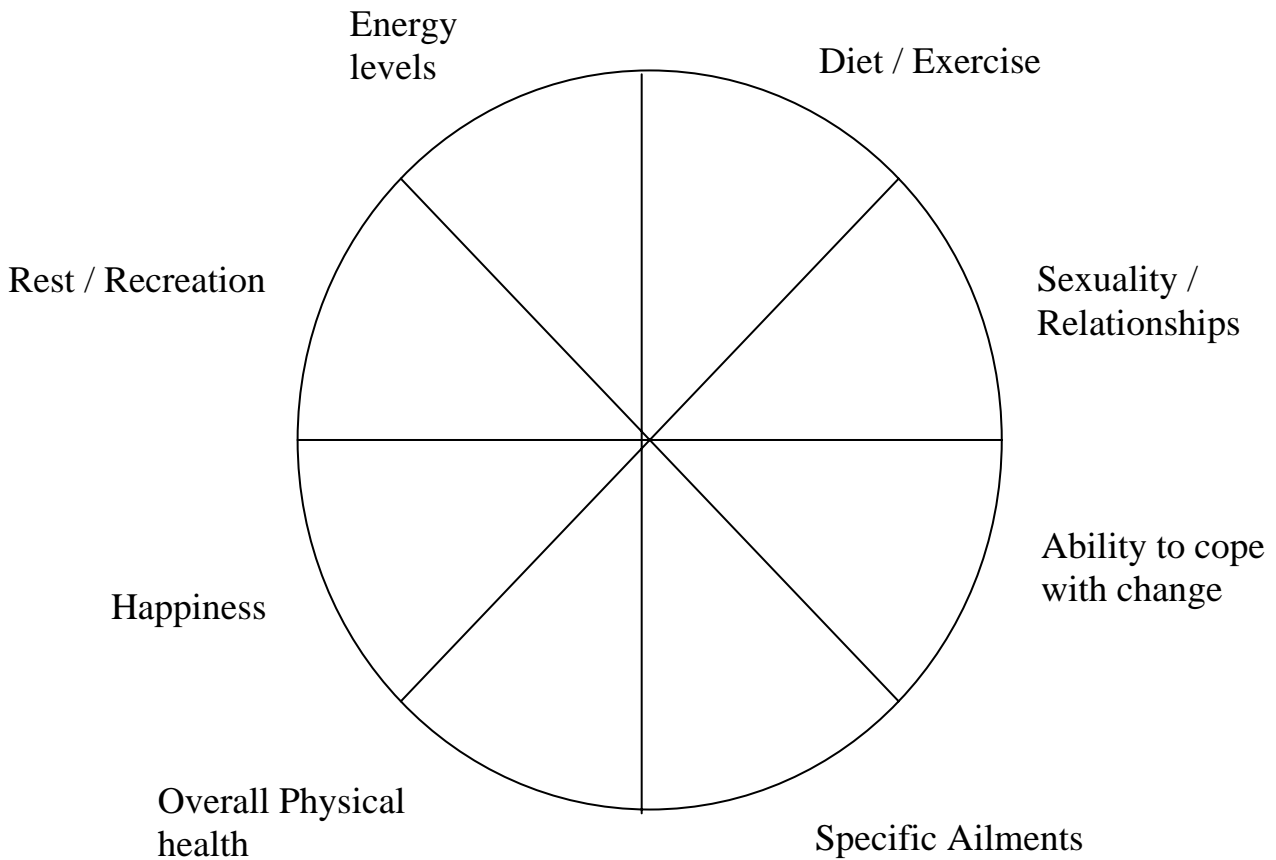


Your Vitality Wheel



Directions: The eight sections in the Wheel of Health and Vitality represent balance. Regarding the centre of the wheel as 0 and the outer edge as 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 below). The new perimeter of the circle represents your Wheel of Health. How bumpy would the ride be if this were a real wheel? Adapted from Co-Active Coaching (Whitworth 1998)

For example:

