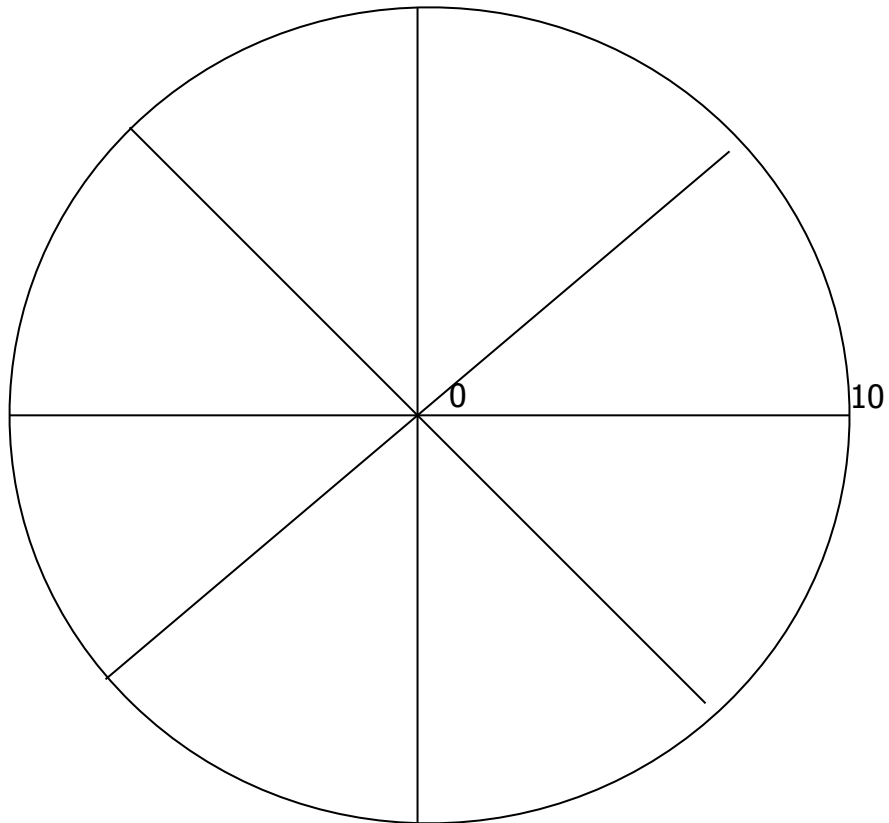




The Wheel

NAME: _____

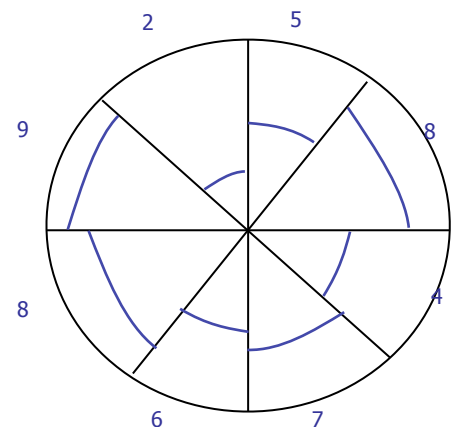
DATE: _____



WHEEL INSTRUCTIONS

- ☀ Label each segment with an area from your job
- ☀ 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** 'career/ job/life Wheel'.

EXAMPLE





The Wheel

Now, looking at the wheel here are some questions to ask the client and take the exercise deeper:

- Q Are there any surprises for you?
- Q What stands out as you look at your Wheel?
- Q Which of these segments would you most like to improve?
- Q What changes can you make?
- Q What steps do you need to start to make the changes?
- Q When will you start?
- Q How will you know when you have reached your goal?
- Q Can you effect the necessary changes on your own?
- Q What help and cooperation from others might you need?
- Q What would make that a score of 10?
- Q What would a score of 10 look like?
- Q What is a realistic score for you to achieve at present?