

THE WHEEL OF LIFE

A PRACTICAL TOOL FOR CLARITY,
BALANCE AND INTENTIONAL
CHANGE



COACHING REAL LIFE



KEREN HARRIS

COACHING REAL LIFE

THIS WORKBOOK IS DESIGNED TO HELP YOU PAUSE, REFLECT AND GAIN CLARITY ON WHERE YOU ARE RIGHT NOW, SO YOU CAN SET INTENTIONS THAT GENUINELY FIT YOUR LIFE.

RATHER THAN FOCUSING ON RIGID GOALS OR QUICK FIXES, THE WHEEL OF LIFE OFFERS A CLEAR SNAPSHOT OF HOW BALANCED AND ALIGNED YOUR LIFE CURRENTLY FEELS.

IF YOU HAVE ANY QUESTIONS AS YOU WORK YOUR WAY THROUGH, YOU CAN CONTACT ME ANYTIME ON...

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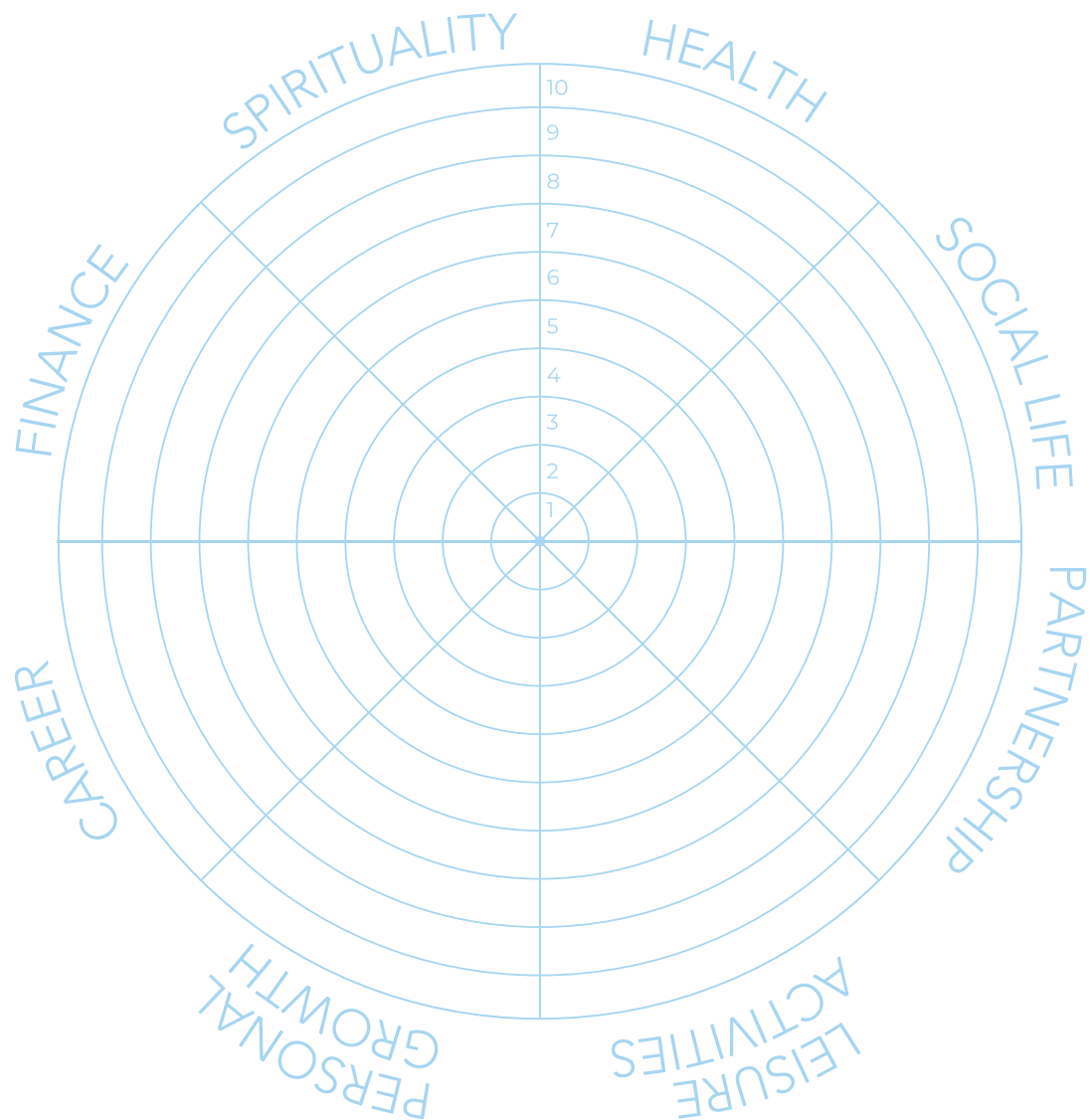
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HOW TO USE THIS WORKBOOK

- SET ASIDE 20–30 MINUTES OF UNINTERRUPTED TIME
- ANSWER THE QUESTIONS HONESTLY - THERE ARE NO RIGHT OR WRONG RESPONSES
- TRY NOT TO OVERTHINK YOUR ANSWERS
- THIS IS A REFLECTIVE TOOL, NOT A TEST

THE WHEEL OF LIFE

NOW THAT YOU HAVE YOUR SCORES FOR EACH AREA, ADD THEM TO THE WHEEL BELOW, SHADING THE WHEEL TO MATCH YOUR SCORES. THIS WILL VISUALLY REPRESENT HOW YOU FEEL AT THE MOMENT, SO YOU CAN EASILY SEE THE AREAS YOU NEED TO FOCUS ON IMPROVING



SETTING INTENTIONS THAT FIT REAL LIFE

CHOOSE ONE TO THREE AREAS TO FOCUS ON OVER THE NEXT FEW MONTHS. SMALL, REALISTIC CHANGES ARE MORE SUSTAINABLE THAN DRAMATIC OVERHAULS.

1. _____

2. _____

3. _____

ASK YOURSELF

WHAT DO I WANT TO FEEL MORE OF HERE?
WHAT NEEDS TO CHANGE, EVEN SLIGHTLY?
WHAT IS ONE REALISTIC ACTION I CAN TAKE?
HOW CAN I MAKE THIS SUSTAINABLE?

CHOOSING A THEME OR WORD FOR THE YEAR

MY THEME FOR THE YEAR:

OR MY WORD OF THE YEAR:

WHY THIS MATTERS TO ME:

FINAL REFLECTION

WHAT SURPRISED ME DURING THIS EXERCISE?
WHAT DO I WANT TO CARRY FORWARD INTO THE YEAR AHEAD?
WHAT DO I WANT TO LEAVE BEHIND?

YOU DON'T NEED TO CHANGE EVERYTHING AT ONCE. SMALL,
INTENTIONAL SHIFTS ADD UP OVER TIME.

YOUR THOUGHTS:

WHAT NEXT?

THE WHEEL OF LIFE IS A STARTING POINT. YOUR LIFE DOESN'T FIT NEATLY INTO CATEGORIES, AND THERE MAY BE OTHER AREAS THAT FEEL MORE RELEVANT TO YOU RIGHT NOW.

THE SAME APPROACH CAN BE APPLIED ANYWHERE. YOU MIGHT CHOOSE TO FOCUS ON YOUR SURROUNDINGS, YOUR ROUTINE, OR ANOTHER ASPECT OF YOUR LIFE AND ASK THE SAME HONEST QUESTIONS.

THE WHEEL OF LIFE ISN'T ABOUT FIXING EVERYTHING AT ONCE. IT'S A WAY OF SEEING CLEARLY, NOTICING WHAT'S WORKING, WHAT'S OUT OF ALIGNMENT AND WHERE SMALL, REALISTIC CHANGES COULD MAKE THE BIGGEST DIFFERENCE.

FROM THERE, YOU CAN BEGIN TO TAKE STEPS TOWARDS THE VERSION OF YOUR LIFE THAT FEELS MORE SUPPORTIVE, BALANCED, AND TRUE TO WHERE YOU ARE NOW.

WELL DONE!

CONGRATULATIONS, YOU'VE NOW COMPLETED THE WHEEL OF LIFE WORKBOOK. I HOPE IT HAS HELPED TO BRING YOU SOME CLARITY AROUND HOW YOU'RE FEELING RIGHT NOW AND WHERE YOU MIGHT LIKE TO MAKE SOME IMPROVEMENTS IN YOUR LIFE.

IF YOU WOULD LIKE TO TALK THROUGH YOUR INTENTIONS AND EXPLORE THEM FURTHER, GET IN TOUCH AT

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