

# The Wheel of Life

Coaching with Bryan Reeves ([www.BryanReeves.com](http://www.BryanReeves.com))

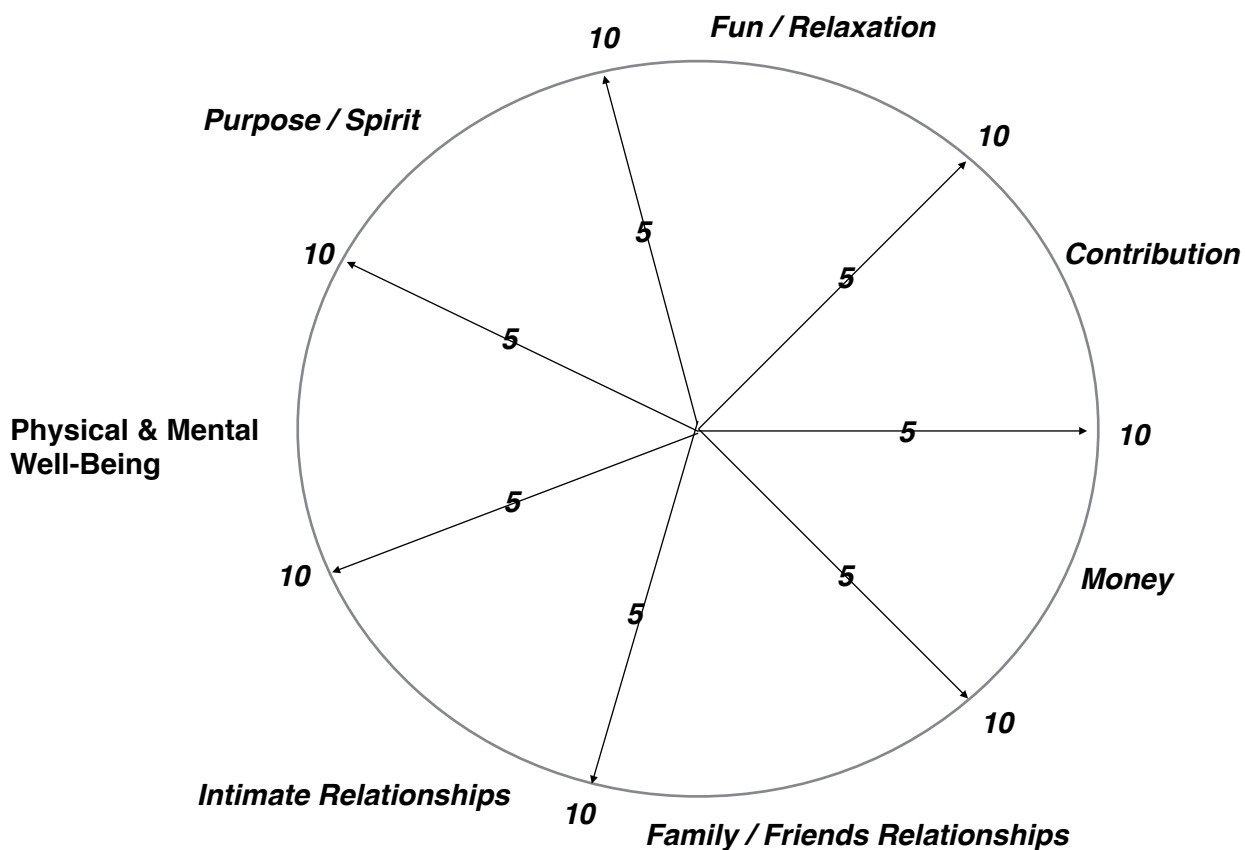
This is an awareness tool.

Most of us learn to succeed in one or a few areas of life, while ignoring other important areas – or we simply don't learn how to do them well. For example, you might have a kick-ass career while your relationship struggles. Or you might be in great physical shape but you can barely pay your bills every month.

It's easier to implement effective change in your life when you know where you're out of balance.

**\*\* Please email this to [bryan@bryanreeves.com](mailto:bryan@bryanreeves.com) at least 24 hours before first session \*\***

**INSTRUCTIONS:** For each category below, draw a straight line across the slice corresponding to a rating of 0-10 (10 = "everything is amazing!" 0 = "it's awful / non-existent"). 10 is at the outside of the circle, 0 is the very middle.



\* This is what a wheel might look like with lines drawn. ... One will probably get pretty tired moving through life on a wheel shaped like this!!