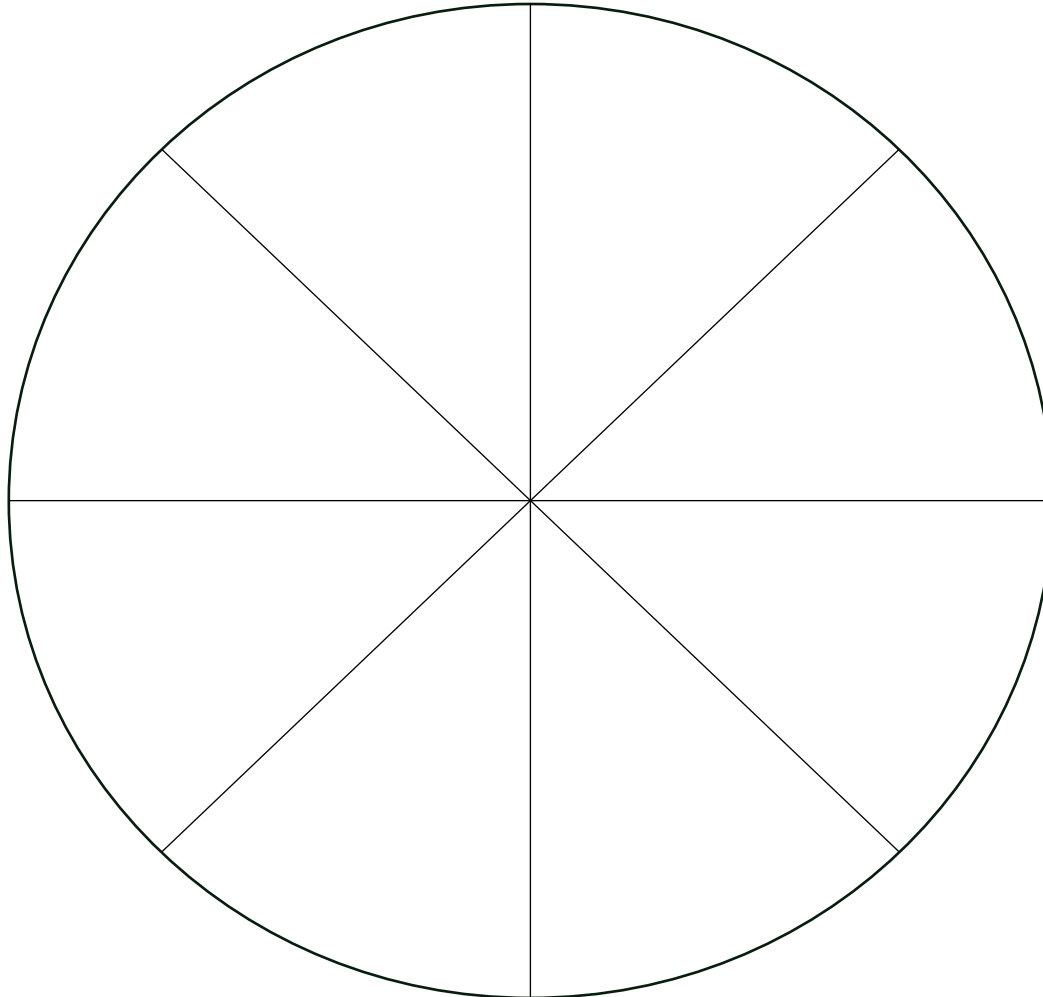


Identifying Goals

The Wheel of Anything



A valuable tool to explore what is happening in your life. The sections represent the things that are of importance to you and the aim is for them to be in balance.

There can be any number of sections and any subject eg; work competencies, leadership skills, coaching competencies or life issues (eg health, family, environment etc)

1. Draw your wheel and label the different parts
2. Rate your level of satisfaction
3. Reflect on your findings

