

An aerial photograph of a winter forest. The trees are heavily covered in snow, and a winding path or stream cuts through the center of the forest. The overall color palette is a mix of white, light blue, and dark green, creating a serene and cold atmosphere.

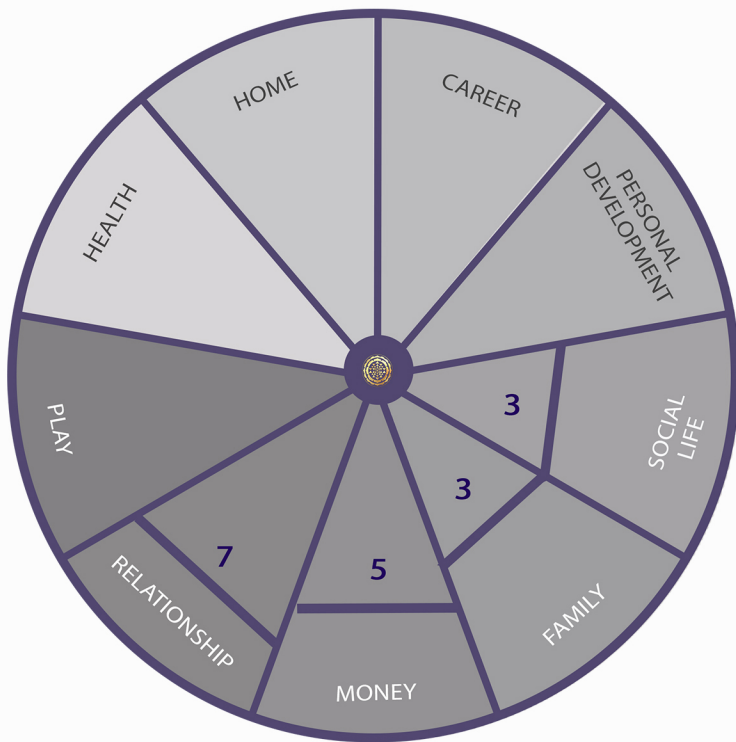
TRANSFORMATIONAL COACHING WHEEL

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TRANSFORMATIONAL COACHING WHEEL

Ready to see some BIG positive changes in your life?

Positive changes happen with mindful awareness and the intention to create movement towards your goals and dreams. The coaching wheel is the perfect place to start creating understanding about what areas in your life you would like to focus on.



1. Print out 2 copies of the following page.

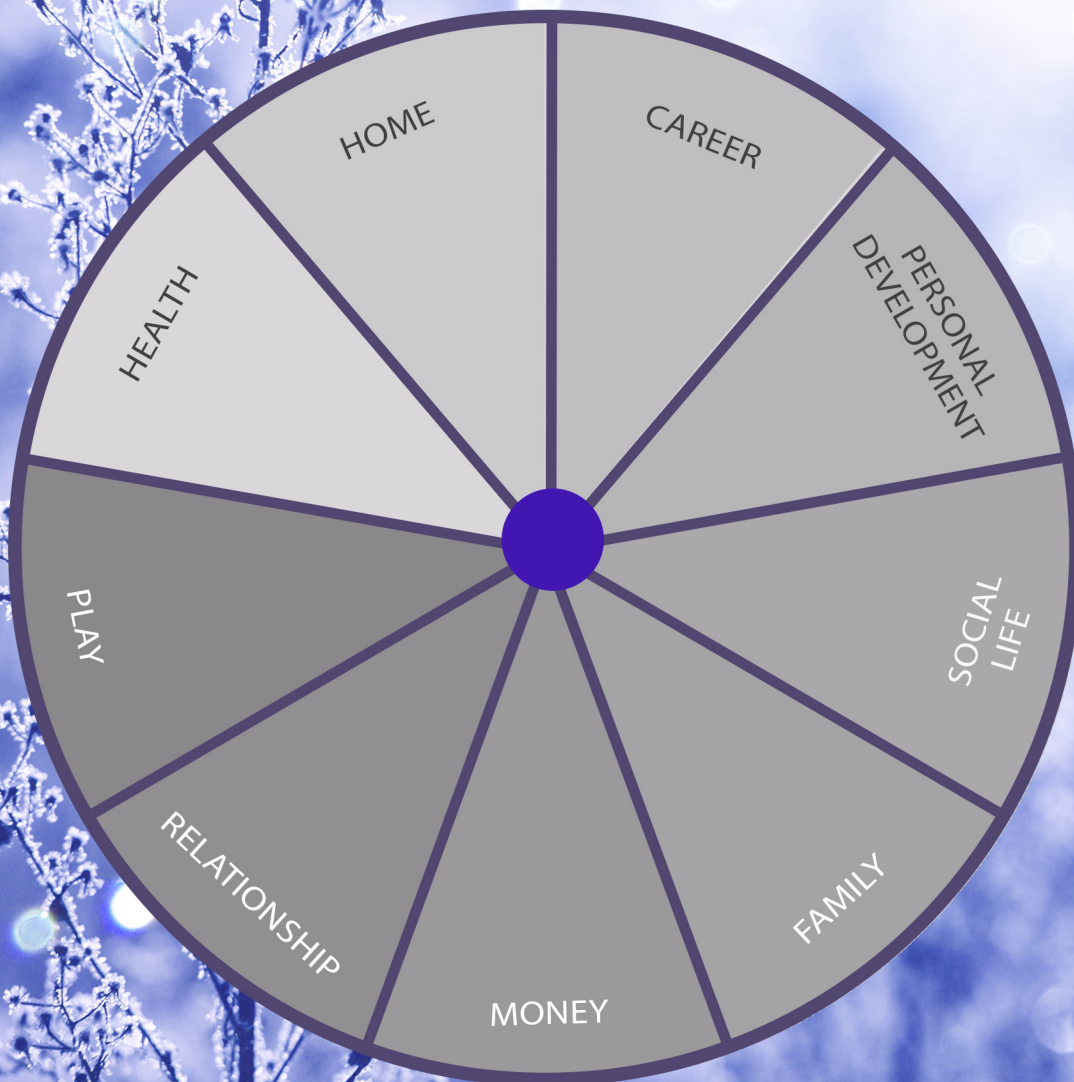
2. In the first copy, rate each area of your life in the present moment from 1 to 10 (1 being not satisfied at all, to 10-ideal). Put the number in the section with the lowest numbers towards the inner circle. [See the example at left.]

3. Draw a line through each section at the number. Then connect all the section lines so that you have a wheel that illustrates where you are right now.

4. On the second copy, fill out all of the areas with where you would ideally like to be one year from now. I recommend that you consider focusing on prioritizing 2-3 areas.

Note there is no judgment in what you want to change ie. no expectation that every single area needs to be 10. It all depends on your expectations and wishes.

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GOALS & DREAMS

List below the top four areas you would like to focus on and explain what you would like to see change:

1.

2.

3.

4.