

Wheel of Life

Step 1. Plot where you feel you are currently in each of the seven life categories.

Step 2. Plot where you'd like to be.

Step 3. What does your spidergram say about what's working well in your life and what you'd like to be different?

Step 4. Choose a card from the corresponding category that most resonates for you and use the coaching question, nudge, and neuro-insight to reflect.

Questions that resonate

My thoughts

