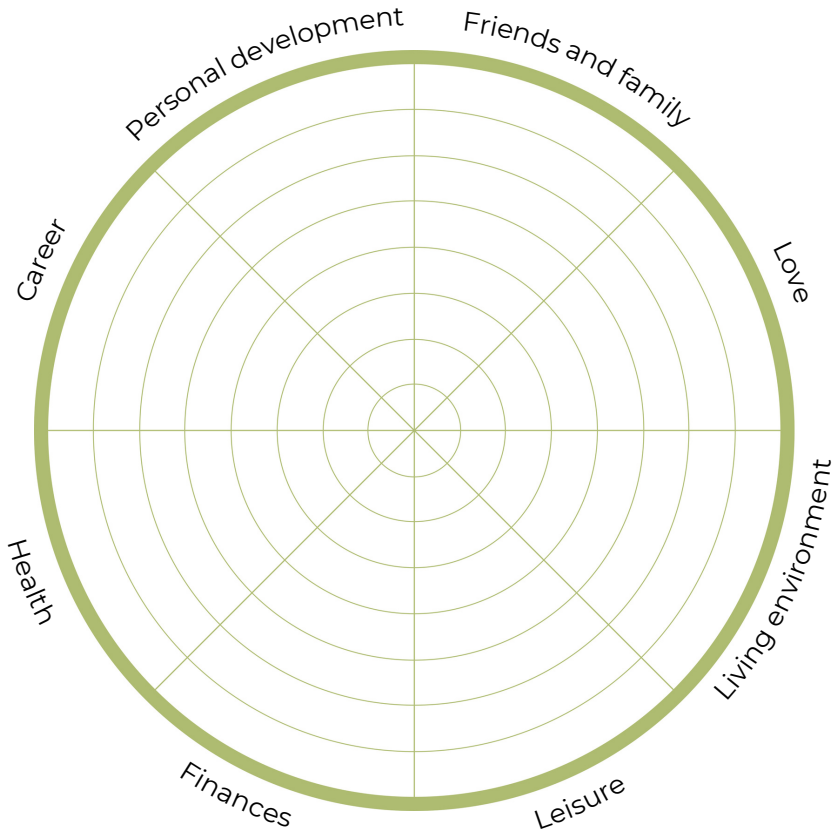


The wheel of life

Current situation



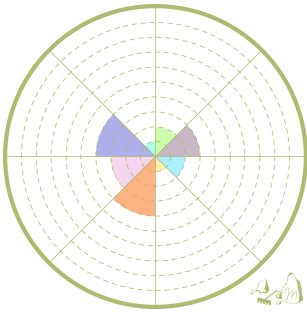
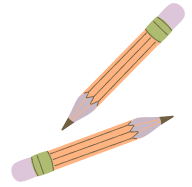
The wheel of life is a powerful coaching tool when you want to **make changes in your life** and want to clarify what to address first.

This wheel of life is my gift for you to use at any point. Use the following instructions and see what **actions** you might want to take!

How to use this tool ?

Prepare

Book 15' with yourself, in a quiet environment, with this paper, a pen and a few pencils.
You can also prepare a cup of tea, some music, anything that will bring you extra comfort.



Let's go!

To get ready, close your eyes and take **3 slow breaths**.

Pick a topic from the wheel.

Think about what it means to you and quote its fulfillment **between 0 and 10**.

There's no good or bad answer, only your **personal feeling**.

Mark the corresponding line.

Colour the zone between the centre and the line to **visualize the evaluation**.

Repeat for each topic.

Reflect

Once you have finished, take a moment of **gratitude towards yourself** for taking a step back.

Observe your wheel. **Is there an axis you want to improve?** a simple action you can think of? Maybe you are feeling stuck or overwhelmed?
Book a complimentary session to move towards the change you want in your life :



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Marie
Lacrampe!