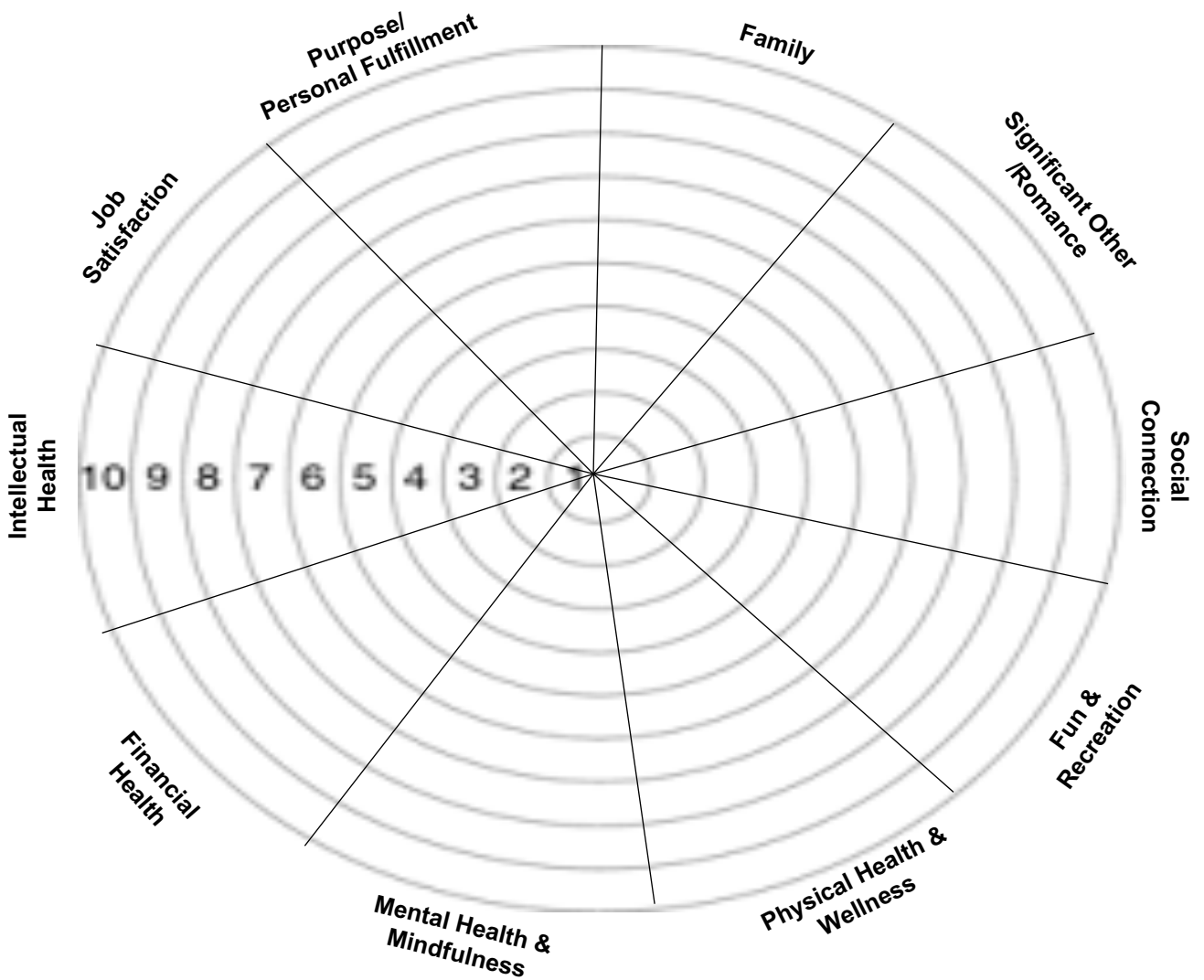


NAME:

YR/QTR:

MY REALITY WHEEL EXERCISE

Directions: The ten sections in the Reality Wheel represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents your current reality.



Developed from CTI Co-Active Coaching Life Wheel Exercise

MY REALITY WHEEL EXERCISE

Questions to Consider:

- How would you describe your current reality in three words?
 -
 -
 -
- How would you describe your ideal reality?
- What is the biggest risk for you right now? Why?
- What area(s) would have the most positive impact on your current reality?
- What CHALLENGES or OBSTACLES currently exist for you right now?
- What SUPPORT requirements exist?
- What is ONE THING you can do TODAY to make a positive DIFFERENCE in your current reality?

Success Criteria:

- How have you DEFINED SUCCESS?
 - Personally?
 - Professionally?
- What are your success criteria?
- What area(s) would have the most positive impact on your desired reality?
- How will you know you are making POSITIVE PROGRESS?
- What is ONE THING you can do TODAY to make positive PROGRESS towards your ideal reality?

Planned Focus Areas:

- Pri:
- Sec:

Commitment/ Time-frame:

- Pri:
- Sec:

Family	Significant Other/Romance	Social Connection
Fun & Recreation	Physical Wellness	Mental Health & Mindfulness
Financial Health	Intellectual Health	Job Satisfaction
Purpose/Personal Fulfillment		