

Coaching Mandala (the wheel of life)

The 8 sections represent a balanced wheel. Take the centre, or hub, of the wheel as 0 (totally dissatisfied) and the outer edge as 10 (totally satisfied). Rank your level of satisfaction with each area of your life by putting a cross on the relevant spoke. Now, draw a line to join up the crosses – this will create an inner wheel.

How balanced does the perimeter of your wheel look?
How bumpy would the ride be if this was a real wheel?

