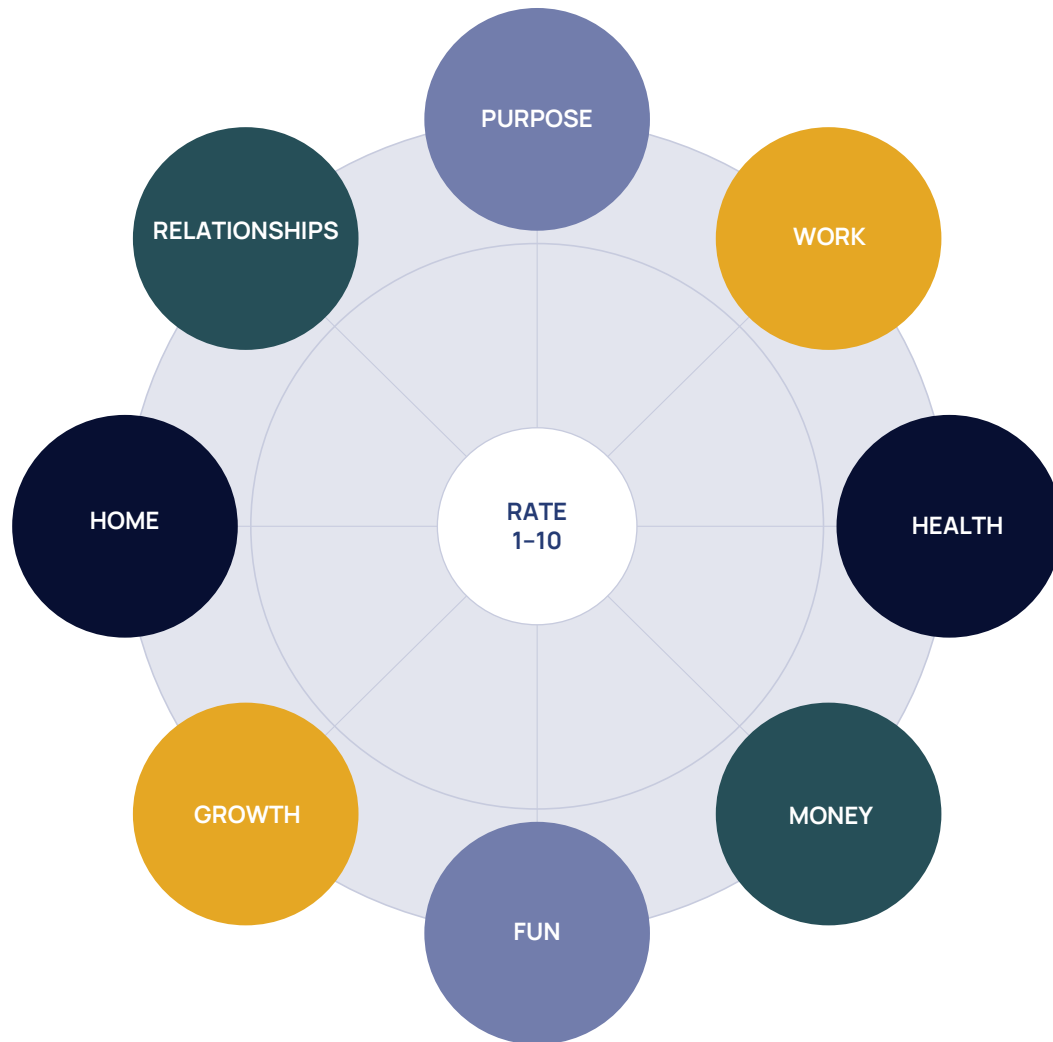


3be Wheel of Life



The **Wheel of Life** is a widely used coaching tool that helps people take a step back and look at the bigger picture of how their life is feeling overall. It invites the coachee to rate their level of satisfaction across several important life areas, such as career, relationships, health, personal growth, finances, fun, or wellbeing. When those scores are placed on the wheel, they create a simple visual snapshot that can make patterns easier to see. Often, the tool highlights both strengths and areas that may feel neglected, out of balance, or no longer aligned with what matters most.

What makes the Wheel of Life so useful in coaching is that it turns a general sense of dissatisfaction or overwhelm into something more concrete and discussable. Rather than trying to tackle everything at once, the coachee can begin to see where attention is most needed and what area may offer the greatest opportunity for meaningful change. It also opens the door to deeper reflection about what satisfaction means to that person, what may be getting in the way, and what a more intentional life might look like. Used well, the Wheel of Life supports self-awareness, perspective, and practical next steps without pushing someone toward a complete life overhaul.

3be Wheel of Life

A practical way to turn a broad life or leadership conversation into one clear, coachable focus.

Why It Works

It creates instant awareness, makes imbalance visible, and gives the coaching conversation a clear place to begin.

Coach's lens

- Let the coachee define what a "10" means in each area.
- Explore strong scores with the same curiosity as lower ones.
- End with one meaningful next step, not a full life overhaul.

Try this prompt

If one part of your life could improve a little this month, which would you choose first?

- 1 **Choose the categories.** Use eight life areas or invite the client to rename them so the wheel feels real and relevant.
- 2 **Rate each one.** Ask for a score from 1 to 10 based on current satisfaction, energy, or alignment.
- 3 **Notice the pattern.** Explore what stands out. Look at high scores, low scores, and surprising gaps without judgment.
- 4 **Select one area.** Help the client choose the area that feels most important, most timely, or most changeable right now.
- 5 **Agree on one next step.** Finish with a small action, experiment, or boundary that could lift that area by one point.