

MODULE 2. COACHING TOOLS



3. PODCAST: COACHING TOOLS FOR SELF-DEVELOPMENT - WHEEL OF LIFE



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- **Editor:** Hello! Hello and welcome to our podcast dedicated to coaching tools for self-development. Today we will focus on the "Wheel of Life" - a popular coaching tool that helps assess and improve life balance. Stay with us to learn how to use it and do an exercise that will help you better understand your life.



Mini-lecture

- **Editor:** What is the Wheel of Life?

The Wheel of Life is a visual tool that allows us to evaluate various aspects of our lives. It usually consists of a wheel divided into several segments, representing different areas of life, such as health, career, finances, relationships, personal development and others. Each segment is rated on a scale from 1 to 10, where 1 means the lowest level of satisfaction and 10 means the highest level of satisfaction.

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The wheel of life acts as a self-assessment tool. It allows you to identify areas that require attention and may need improvement. With a visual representation, it is easier to see which aspects of your life are in balance and which require additional support and work.

Now I invite you to test the tool:

- Print or draw the Wheel of Life - you can create your own wheel on a piece of paper or use one from our template.
- Divide the wheel into segments - choose the key areas of your life that you want to evaluate. These may include health, career, finances, relationships, personal development, pleasures/hobbies, environment/home and friendships.
- Rate each segment, give yourself a score from 1 to 10 for each segment, with 1 being the least satisfied and 10 being the most satisfied.
- Connect the Dots - After evaluating each segment, connect the points with a line, creating a shape inside a wheel.
- Analyze the results - look at the shape that was created. Is it symmetrical? Are there areas that clearly stand out and need improvement?

Now that you have your Wheel of Life ready, think about what specific steps you can take to improve areas that have lower

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ratings. For example, if your health rating is low, you may want to consider introducing a regular one physical activity or a better diet plan. If relationships are an area that needs improvement, you may consider spending more time with your loved ones or working on your communication.

Thank you for being with us during this episode of the podcast. I hope you find the Wheel of Life tool helpful in assessing and improving the balance in your life. Remember that the key to success is regular self-assessment and taking specific actions based on the results. See you in the next episode!

Thank you and I hope to hear from you soon!

