

The Wheel of Life

by Sophia Tutorial



WHAT'S COVERED

This lesson will describe the Wheel of Life. Specifically, it will cover:

1. The Wheel of Life

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The Wheel of Life is a popular visual tool or worksheet used in coaching to help team members quickly understand how balanced or fulfilled their life is at this moment.

It usually consists of eight to ten categories or areas considered important for a whole or balanced life.



Team members rate their level of satisfaction with each area, then map this onto an image of a wheel. This gives them an immediate overview of their current “life balance.”



BIG IDEA

Crucially, the life wheel scoring system also allows clients to see right away which areas of their life might need improvement.

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Support

If you are struggling with a concept or terminology in the course, you may contact **NurseLeaderSupport@capella.edu** for assistance.

If you are having technical issues, please contact **learningcoach@sophia.org**.