



FEMALE THRIVE • COACHING TOOL

WHEEL OF LIFE

The Wheel of Life is a strategic framework that helps you assess balance and alignment across key areas of your life. Review each category and rate it from 1–10. Identify where you are thriving and where growth is needed.

HOW TO USE

01

RATE

Mark each spoke from 1 at the center to 10 at the edge.

02

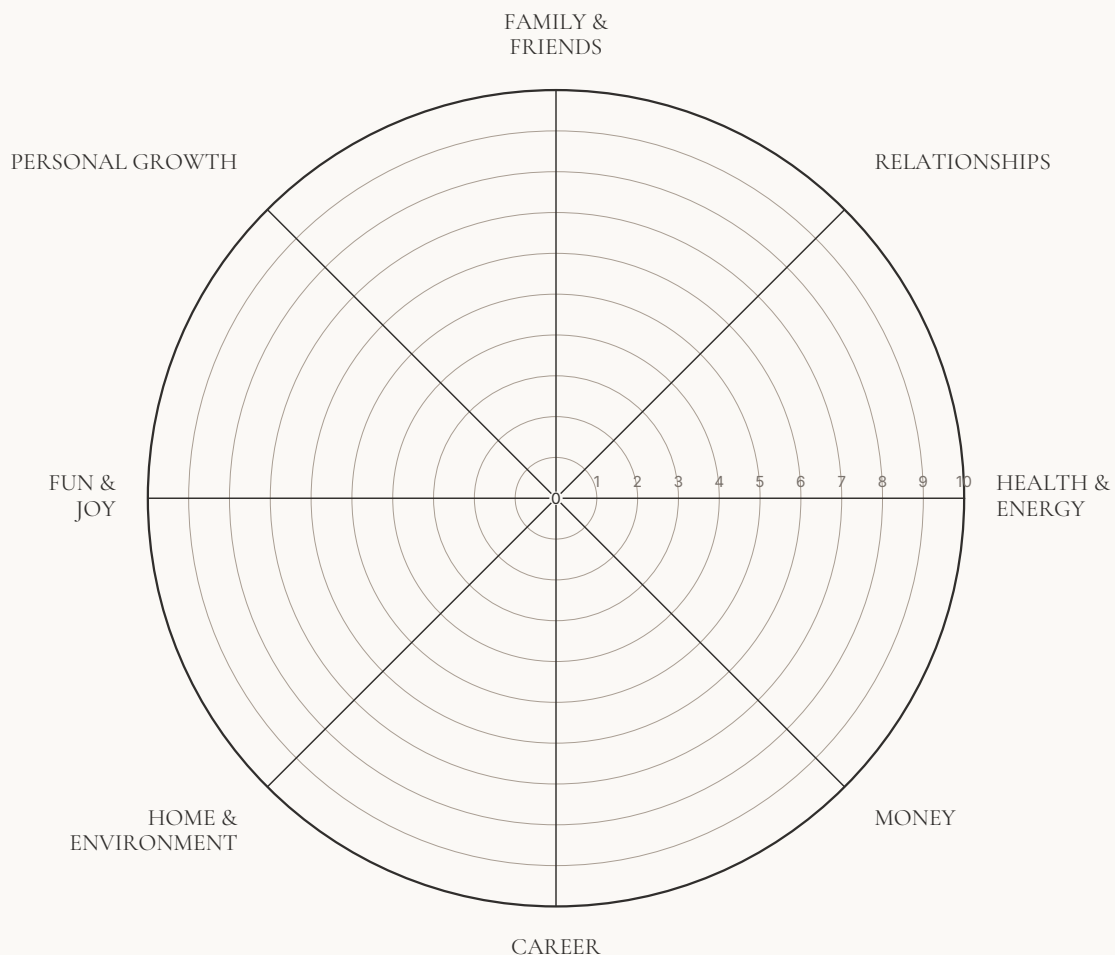
CONNECT

Join your marks to reveal your current shape.

03

CHOOSE

Notice the gaps and name one first step for this week.



Reflection •

What stands out most?

Which area will I focus on first?

What's one small step this week?
