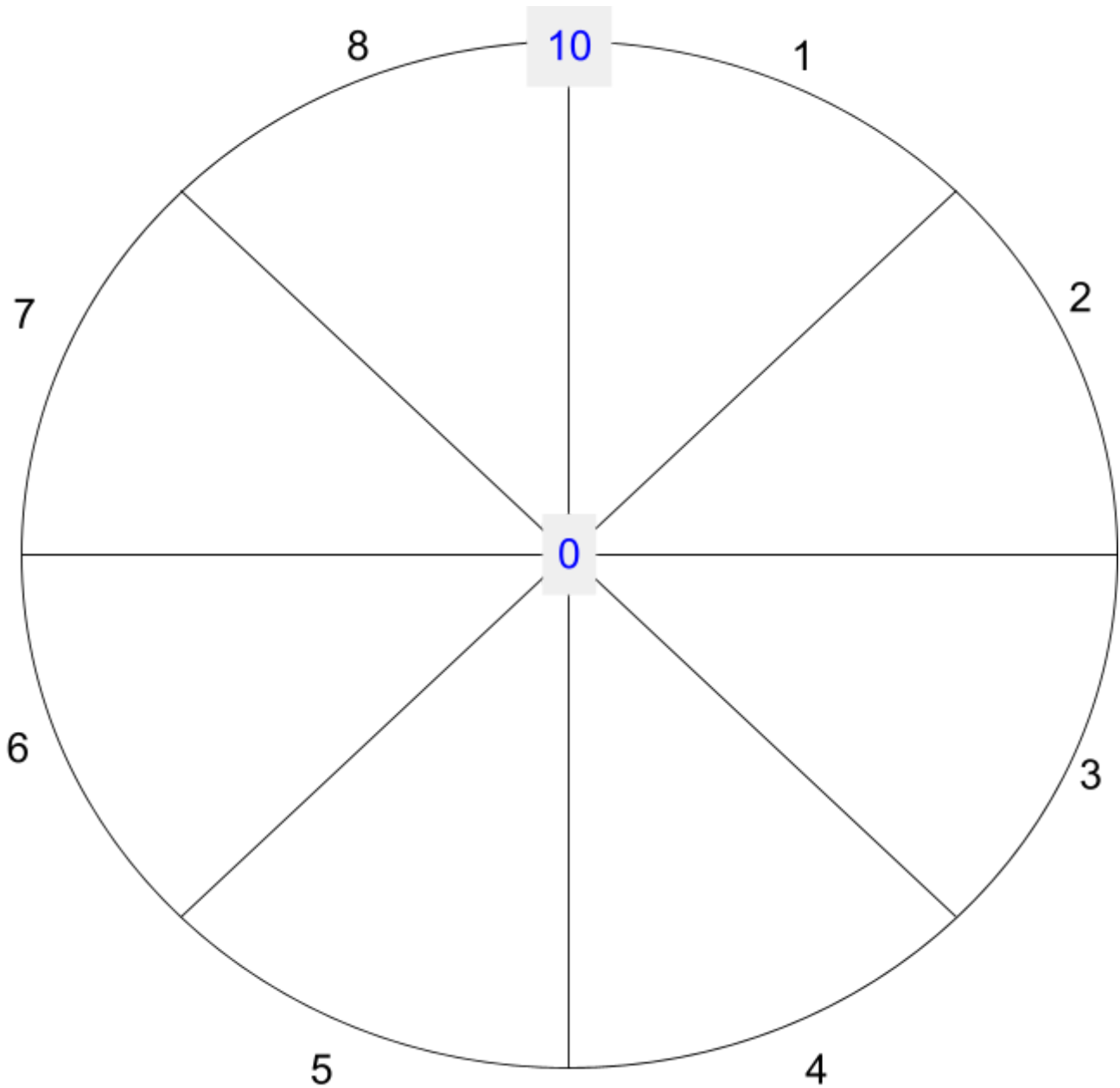


## Coaching Wheel / Wheel of Life



1. Body (Health and Fitness)
2. Mind and Emotions
3. Relationship
4. Family
5. Social/Friends/Fun
6. Business/Career
7. Money/Finances
8. Spirituality (Mindfulness, Meditation Practice etc)