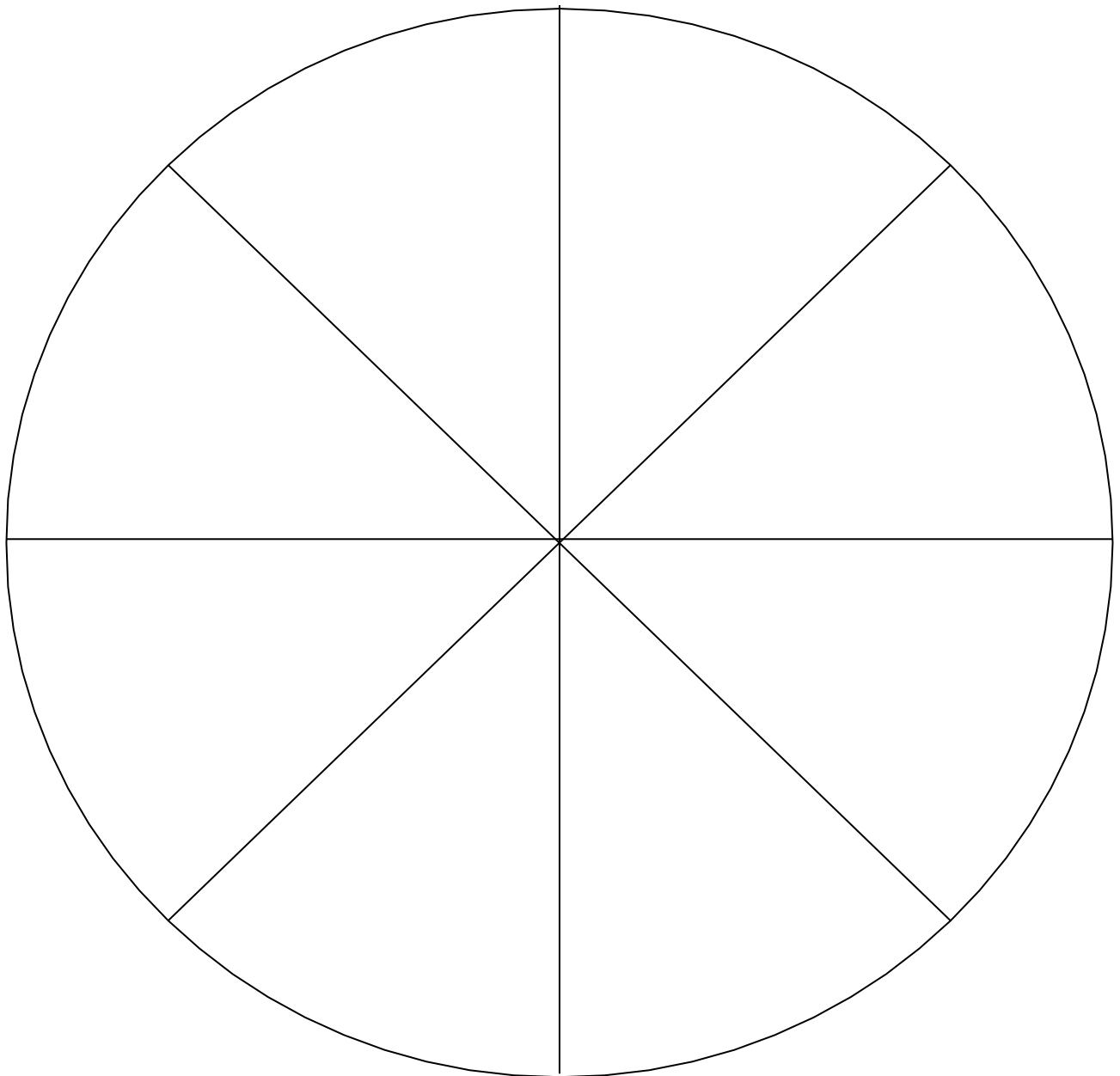




LUCY TULLOCH  
COACHING

# The Wheel of Anything

(Zeus & Skiffington, 2002)



Each section in the wheel represents different parts of your work and the aim is for you to be able to explore them each in more detail to get them in balance!

#### How to use it:

Label each section of the wheel with any subject which is contributing to how you are feeling; for example, leadership style, skill, work competencies, or any other area that might benefit from further examination.

Using the centre of the wheel as 0 and the outer edge as 10, rank the level of satisfaction with each area by drawing a curved line to form a new outer edge. However, you can be as creative as you like and use percentages, numbers or shading – whatever fits most comfortably.