

# Awaken Your Inner Coach

## Wheel of life

The Ideal vs. Reality Wheel of Life is designed to help you assess and compare your current state in life with your ideal vision. This tool will help you gain clarity on areas of your life that are thriving and areas where change is needed.

### **How to Use:**

#### **Create Two Wheels:**

Draw two circles on your page, each divided into 8–10 segments. These categories represent various areas of your life (e.g., Career, Relationships, Health, Finances, etc.).

#### **Reality Wheel:**

Rate your current satisfaction in each area of your life on a scale of 1 to 10 (1 = very unsatisfied, 10 = completely satisfied).

Mark the number on each segment and connect the points to visualize your current reality.

#### **Ideal Wheel:**

Repeat the process for your ideal life. Imagine the best possible version of your life in each area and rate it on a scale of 1 to 10.

#### **Compare and Reflect:**

Once you complete both wheels, compare the Reality Wheel and the Ideal Wheel. Note the areas with the largest gaps between your current state and your ideal state.

#### **Action Plan:**

Focus on 1–2 categories with the largest discrepancies between your Ideal and Reality Wheel. Set specific goals to improve these areas and work towards closing the gap.



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## Pre-Questions for Reflection

Before filling out the Ideal vs. Reality Wheel of Life, reflect on the following:

### **Ideal Life:**

What would your perfect life look like in each area (career, relationships, health, finances)?

If there were no obstacles, how would you rate your ideal life in each area?

Which values do you consider most important in these areas?

### **Current Reality:**

How satisfied are you with each area of your life currently (career, health, relationships)?

What is preventing you from achieving your ideal state in each area?

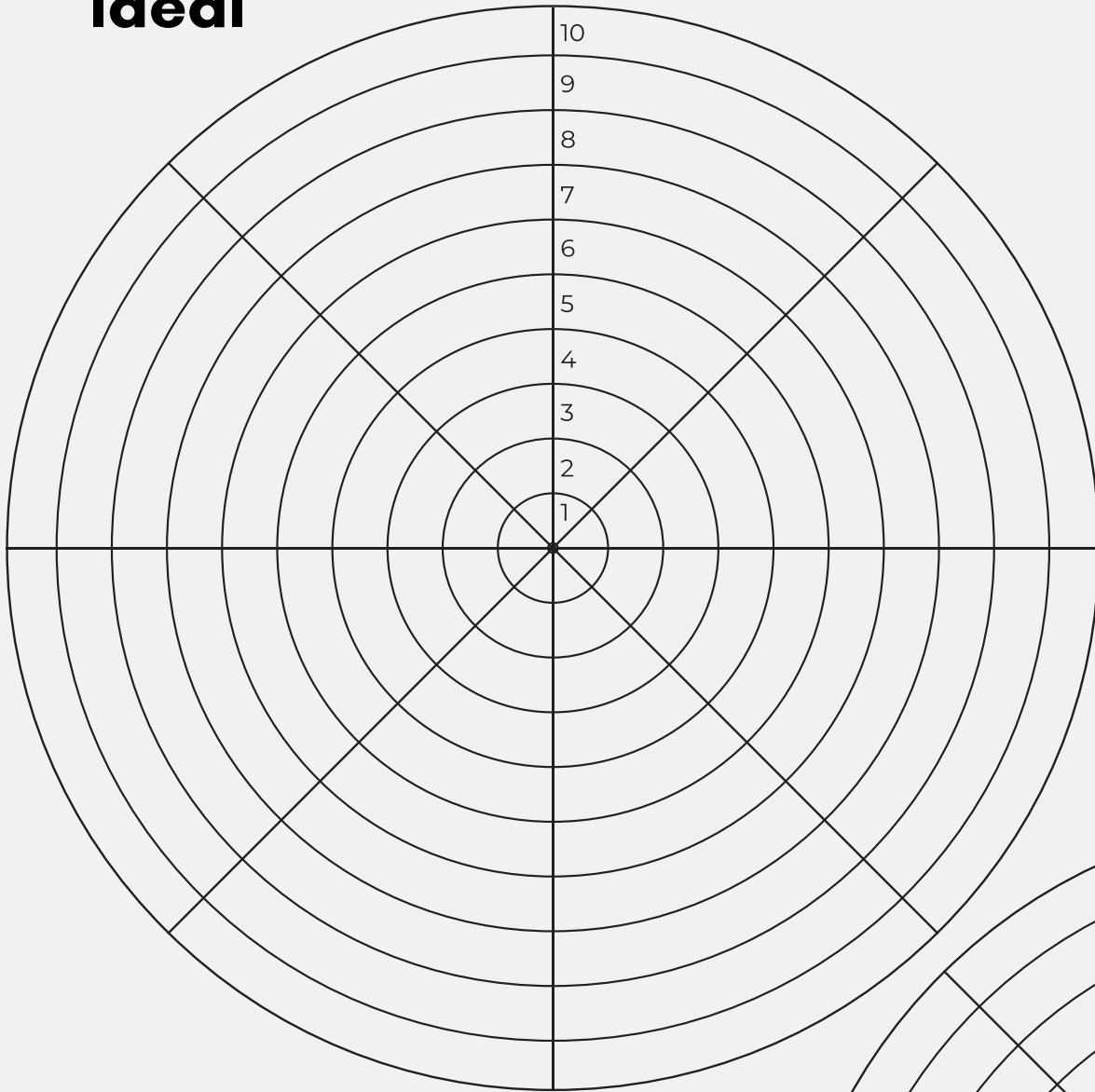
### **Goals and Priorities:**

Which areas do you feel require the most focus or improvement?

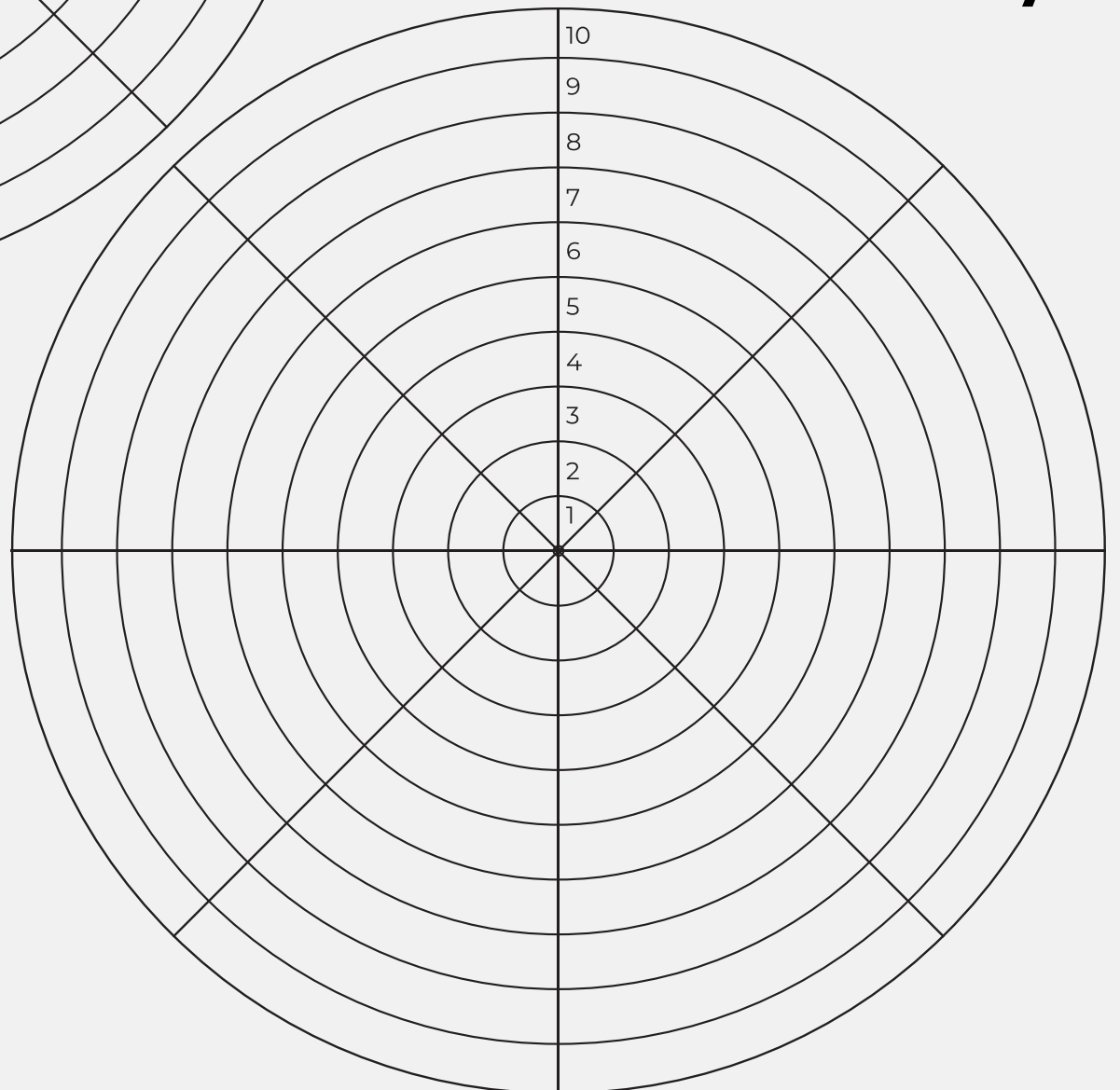
What is one small change you can make today in the area that feels most out of alignment?

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**Ideal**



**Reality**



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## Reflection Questions

Once you have completed both the Ideal and Reality Wheels, reflect on the following:

### Gap Analysis:

Which categories have the largest gap between your Ideal and Reality? Why do you think these gaps exist?

### Impact on Other Areas:

How do the gaps between your ideal and reality in certain areas affect other parts of your life? For example, if your career is not aligned with your ideal, does it affect your health or relationships?

### Action Plan:

What concrete steps can you take to move closer to your ideal life in the areas with the largest gaps? Write down 1-2 actions for each area. How will you prioritize these steps? What is the first thing you can do today to start making changes?

### Values Alignment:

How do your values influence the Ideal state you envision for each category? Are there any values that you may need to reflect on more deeply as you work towards your ideal?

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A stylized lightbulb with a grey base and a blue glow, surrounded by several short, grey lines radiating outwards to represent light.

## **Outcomes of Using the Tool:**

### Enhanced Self-Awareness:

Recognise where your life is thriving and where it may need more attention.

### Focused Improvement:

Prioritise and create a plan for improving areas with the largest discrepancies between your current reality and ideal life.

### Actionable Goals:

Develop SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) to move closer to your ideal life and start bridging the gap.