

## Recovery Wheel of Life

The purpose of this wheel of life exercise is to obtain a picture and some more information about issues and relationships in your life that it might be helpful to you to work on with your coach.

Please score each section according to how much or how little the area concerned you think or feel is supporting (scale 0 to 10) or getting in the way (0 to -10) of your ability and desire to manage, recover and develop wellness.

### For example

*If you think your work situation is getting in the way of making the changes you want or making your plan work, then score it on the minus part of the scale according to how much you think that negative influence is.*

*If however you feel that in fact your work situation is contributing positively to your changes and plans then score that on the positive side of the scale. If you are not sure and it seems to be neither negative nor positive then score it at a 0.*

