



**A.R COACHING
ACADEMY**

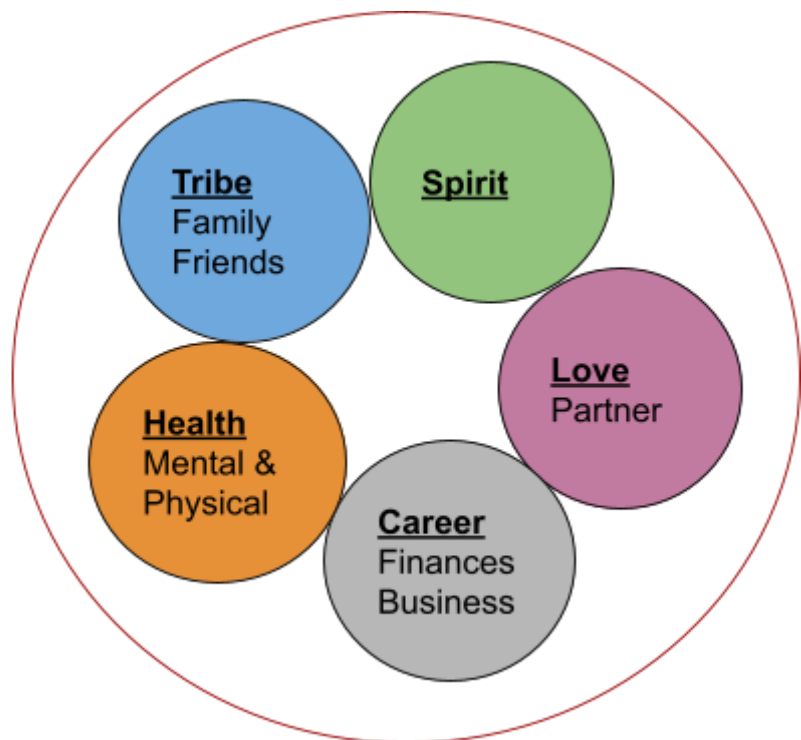
By Abdur Rehman

The Wheel of Life

There are 5 major areas in your client's life that need to be looked at on a weekly basis in order to make sure their life is on track.



Wheel of Life
By
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Coaching Tip:

Ask your clients to mark a number from 0 - 10 in each area where '0' is very poor and '10' is excellent. Any area where a client scored less than '8' is the area where they will need your help improving. So practice this every week to track your clients progress.