

Wheel Of Life

The Wheel of Life is a powerful coaching tool that will provide you with a clear snapshot of your current life situation. It serves as a practical aid to help you gain clarity and embark on meaningful steps toward a more fulfilling and happy life.

The main objective of this exercise is to guide you in assessing your present life situation and lay the foundation for setting achievable, purpose-driven goals. Think of the Wheel of Life as a navigational aid for crafting a better life.

Here's how it works: First, you define what each category means to you personally. Then, you assign a numerical score between 0 and 10 to rate your level of contentment within each area, with 10 indicating the highest level of satisfaction.

Through this process, you will unearth invaluable insights into the balance of your life and pinpoint areas deserving of your attention and improvement. This newfound self-awareness becomes the pivotal first step on your journey toward crafting a well-rounded, more fulfilling life.



Aoife Leggett | Life Coach



Wheel Of Life



FINANCE



PERSONAL GROWTH



CAREER



HEALTH



HOME



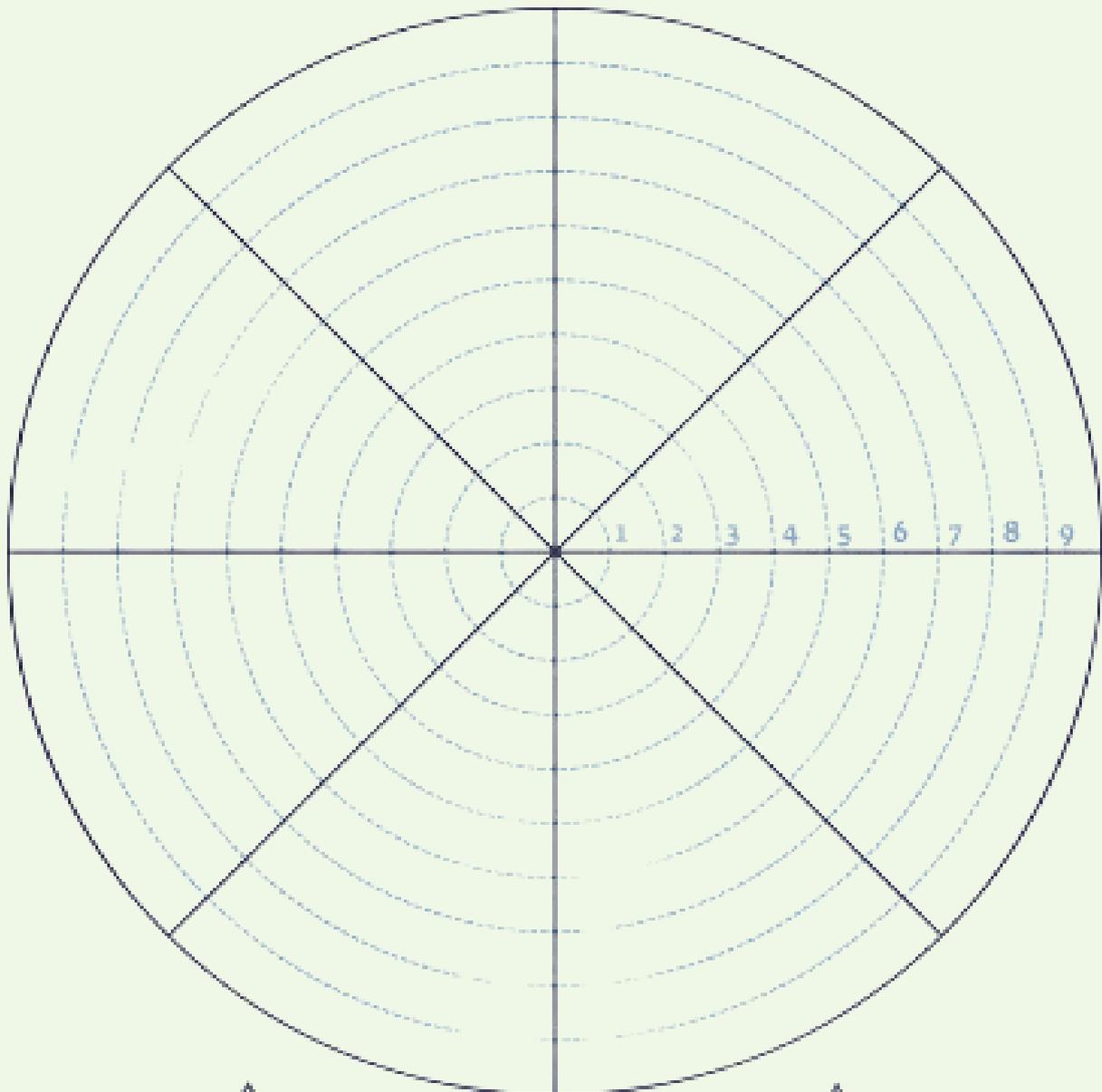
FRIENDS



LEISURE



RELATIONSHIPS



Do you want added **support** and **accountability**?

1:1 Coaching Program

I work closely with clients to help them take control of their mindset and lifestyle, creating lasting changes for a happier, healthier life.

Do you feel like...

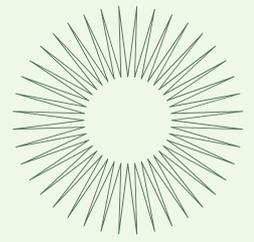
- You lack structure and discipline?
- Your time and energy go solely to work?
- The months slip by without reaching your goals?
- You're stuck, lost, or no longer growing?

Are you...

- Unhappy day-to-day?
- Anxious, stressed, or disconnected from yourself?
- Inconsistent with exercise and nutrition?

If you answered 'Yes' to any of these, I can help you break the cycle and build the fulfilling life you dream of.

If you are ready to invest in your personal growth, get in touch: aoife@threesixtycoaching.ie



About Me

I'm Aoife, a Mindset and Performance Coach and Breathwork Teacher dedicated to helping people lead happier, healthier, and more fulfilling lives while reaching their true potential.

With a background in high-performance coaching and experience working with a diverse range of clients, I've seen firsthand how a strong mindset can transform one's approach to achieving goals, managing stress, and navigating life's challenges.

My goal is to equip you with practical tools to help you thrive, stay focused, and face challenges with resilience.

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Notes