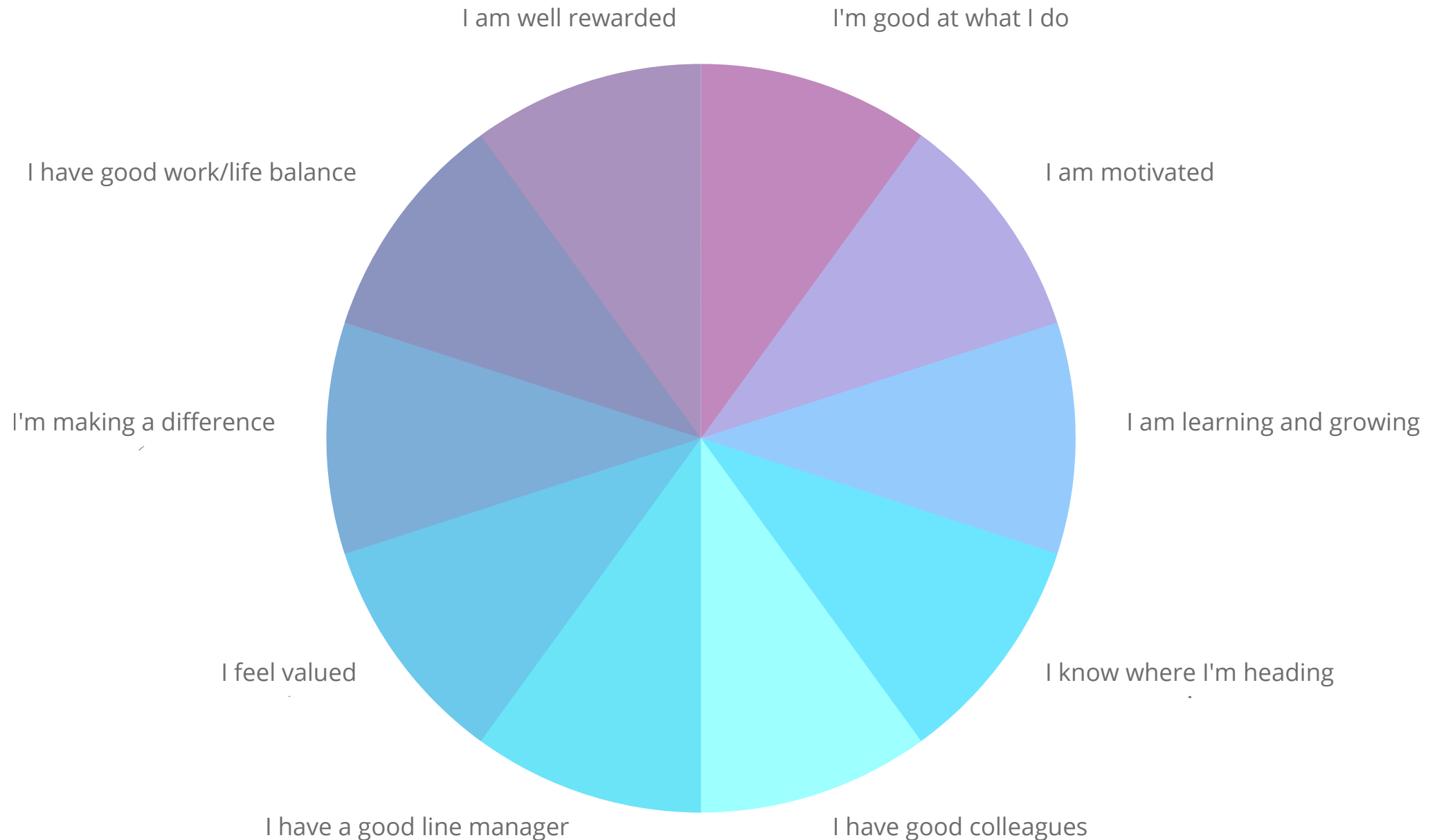


Career Health Check Wheel



Career Health Check Wheel



Instructions

- Print out the Career Health Check Wheel
- For each quadrant on the wheel, give yourself a mark out of 10 for how happy you are currently with this quadrant
- Draw a line within the quadrant to represent this number (if 0 is in the centre and 10 is at the outer edge)
- Now draw a second line in each quadrant to represent where you would ideally like that score to be
- Now answer the coaching questions opposite

Coaching Questions

- Which score would you like most to improve?
- Looking at that quadrant, describe **1 point better** than where you are now (eg if you're at 5, describe 6)?
- What small step could you take to move you towards that score?
- What do you need to ensure that you can take that step (eg resources, support, accountability)?
- Will improving this score impact any of your other scores on the Wheel?
- What action(s) are you committing to?