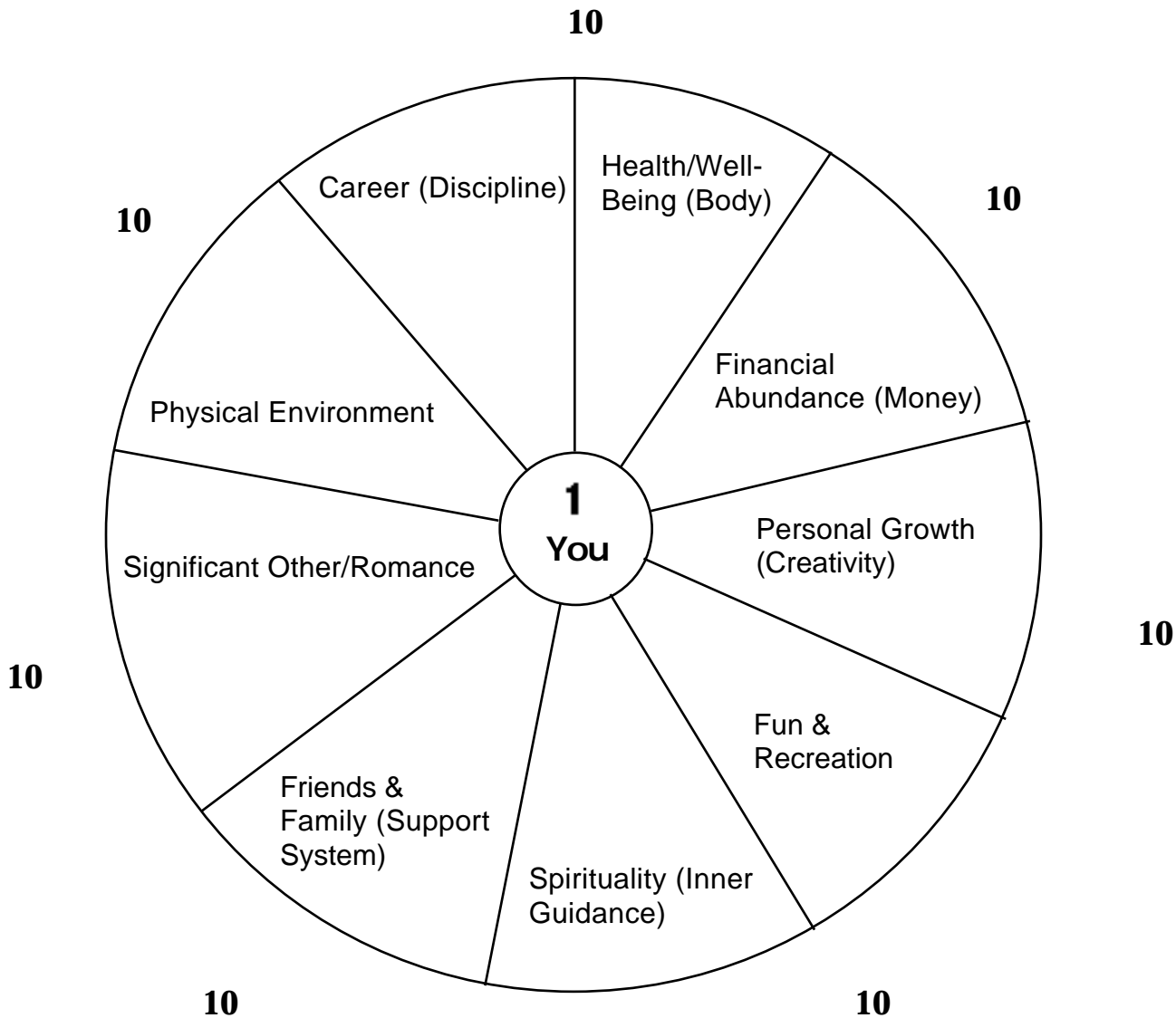


Wheel of Life



Before we move forward, take a moment to complete the following exercise. We want to get a snap shot of how your life is balanced right now.

For each area of your life (9 in all), assess where you are RIGHT NOW on a scale of 1-10. Each area will have a number associated with it from 1 to 10. Ten being the most fulfilled. When finished connect the numbers together with a line which will give you a visual representation of how your life is balanced. Each wheel will be unique to the individual. During coaching our intention is to work together to balance all areas of your life.

See the sample below of the wheel. Your copy of the Wheel of life is on the next page.

After finishing this Wheel of Life go back to the beginning and finish the section on True Values and Goals. Do you see any patterns? Are the areas of your life that are most or least important to you (from your True Values) ranking highest or lowest in the Wheel of Life? Just make a note of your observations, do not change or analyze anything at this time. We will discuss this exercise at your next scheduled coaching appointment.

Life Balance Wheel

