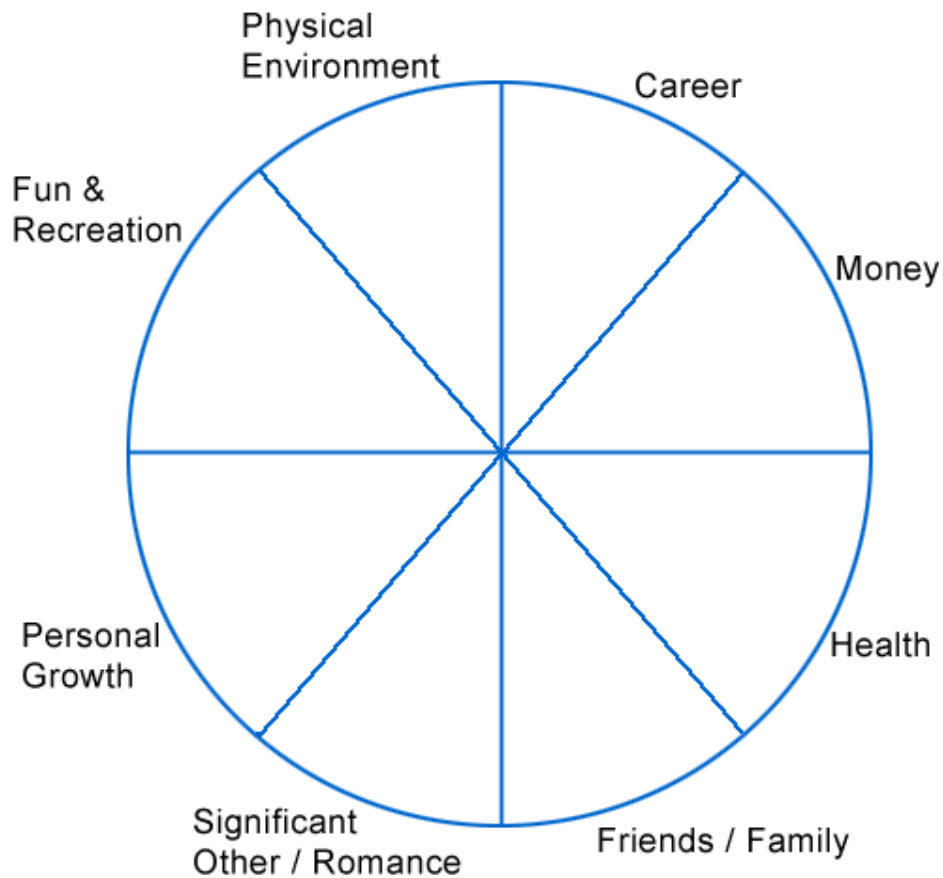


## Life Balance Wheel

How balanced is YOUR wheel?



### Instructions:

Print out this page. Before you fill in the wheel, you can rename sections to match the important areas of your life. You may also choose to split one or two sections or add one or two sections of your own. For example, many people prefer to divide "Friends & Family" into two wedges.

1. The center of the wheel is 0, and the outer edge of the wheel as 10. Rank your level of satisfaction with each life area by drawing an arc at the number that represents your level of satisfaction. A 0 means you are not satisfied at all with an area right now; A 10 means everything in that area is absolutely perfect for you right now.
2. Write the number that the arc represents. For example, if you are 75% satisfied with your career, draw an arc about 3/4 of the way out from the center of the circle in the Career section of the Wheel, and label it 7.5.
3. Save the completed wheel prior to your coaching session or tell me the names of the sections and number ratings at the beginning of the call.