

Life Balance Wheel

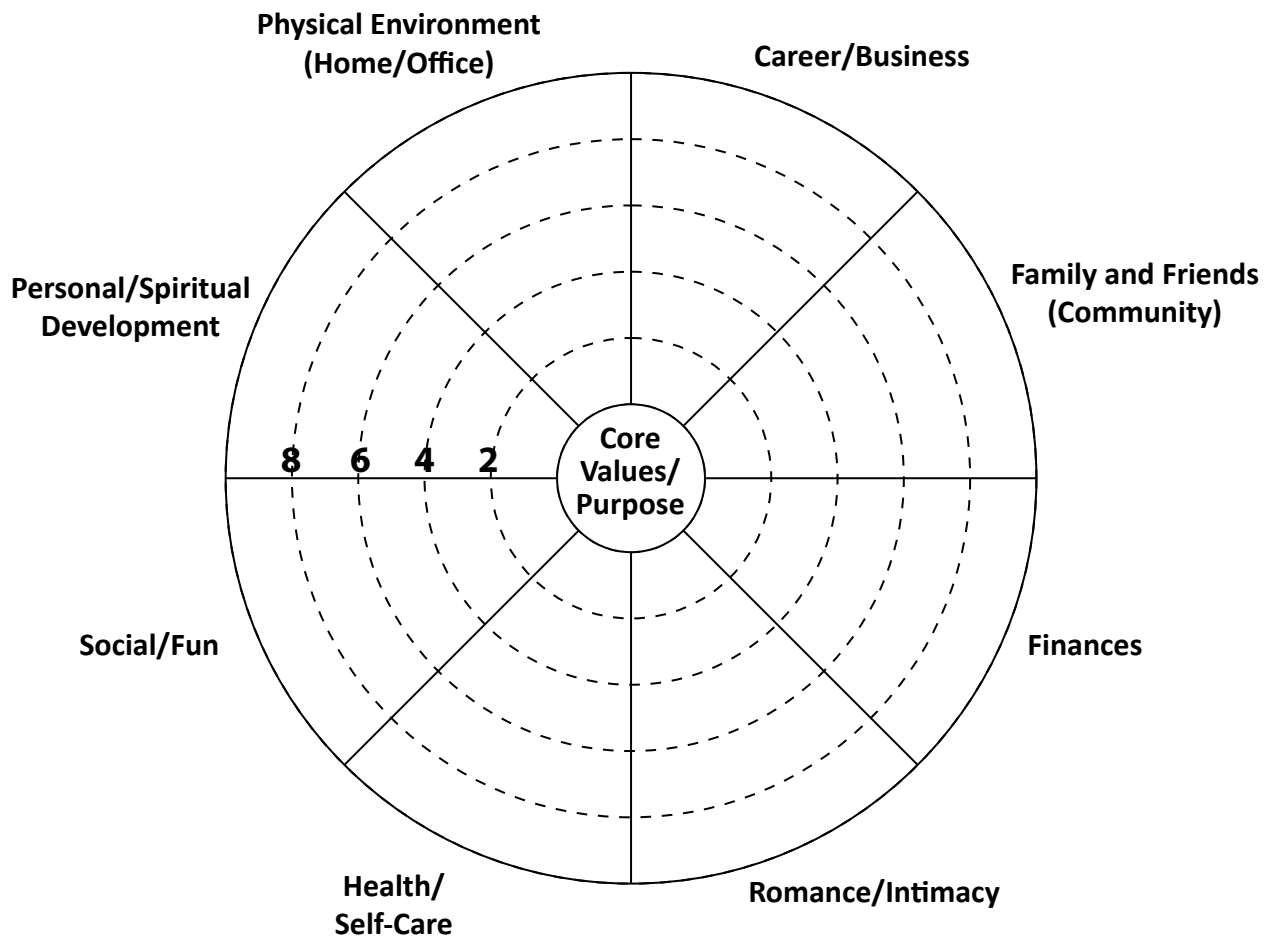
(Adapted from Co-Active Coaching, 1998)

It can be difficult to get a handle on your life in terms of what is going well and what could use attention. A simple diagnostic tool may help. On the Life Balance Wheel, look at the eight categories which make up a balanced life.

Ask yourself, "How satisfied am I with my life in each of these areas?"

With the hub as 0 (very unsatisfied) and the rim of the wheel as 10 (very satisfied), rate your level of satisfaction in each area.

Draw a straight or curved line linking each section in order to create a new outer edge on your wheel. As with a physical wheel, if all of your score, or spokes on the wheel, extend to a perfect 10 (very satisfied) then the rim of your life wheel is completely circular and will roll smoothly. However, if your scores are less than 10 and uneven, you may be experiencing a bumpy ride!



(Life Balance Wheel © Copyright Pat Williams, Institute for Life Coaching)

REFLECT I am most satisfied with _____
I am least satisfied with _____

ASK How can I keep these areas strong?
How can I focus on building up these areas?

To discuss your results and begin working on life balance issues, contact me at sandra.orke@infocuslifecoaching.com.