

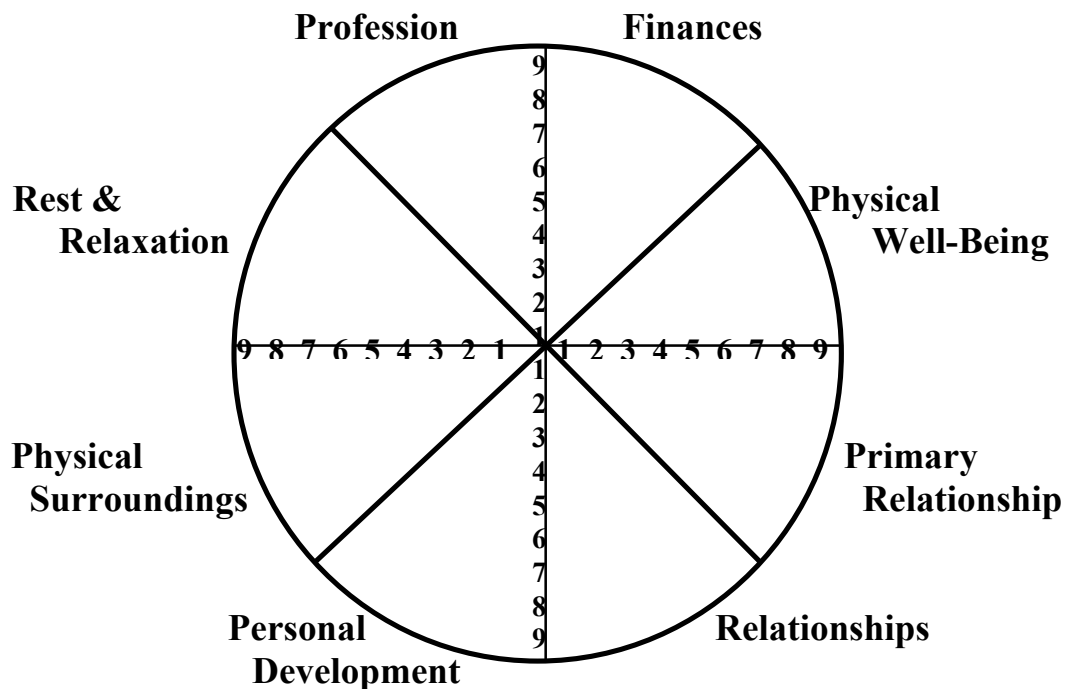
# THE LIFE BALANCE WHEEL™

## Instructions:

You may find this tool useful, especially in the initial stages of the coaching relationship, to help you to decide what topic you want to discuss with your coach.

As denoted by the numbers on the axes within the wheel, with 0 as the lowest rating possible and 10 as the highest, rate your level of satisfaction for each segment of your life. Then draw a curved line to create an arc that represents a new outer edge for that particular segment. After you have completed the wheel, sit back and look at the entire picture. What do you want to talk about today?

(P.S. It doesn't have to be the area with the lowest rating.)



**Finances** - Your relationship with (giving & receiving) money

**Physical Well-Being** - Your body, health, sense of physical safety

**Primary Relationship** - Your being/not being in a primary relationship

**Relationships** - Satisfaction with family, friends, associates

**Personal Development** - Your process of growth and self-discovery

**Physical Surroundings** - Where you spend time - home, office, car

**Rest & Relaxation** - Time for regeneration, enjoyment, leisure

**Profession** - Giving and expressing your unique gifts and talents