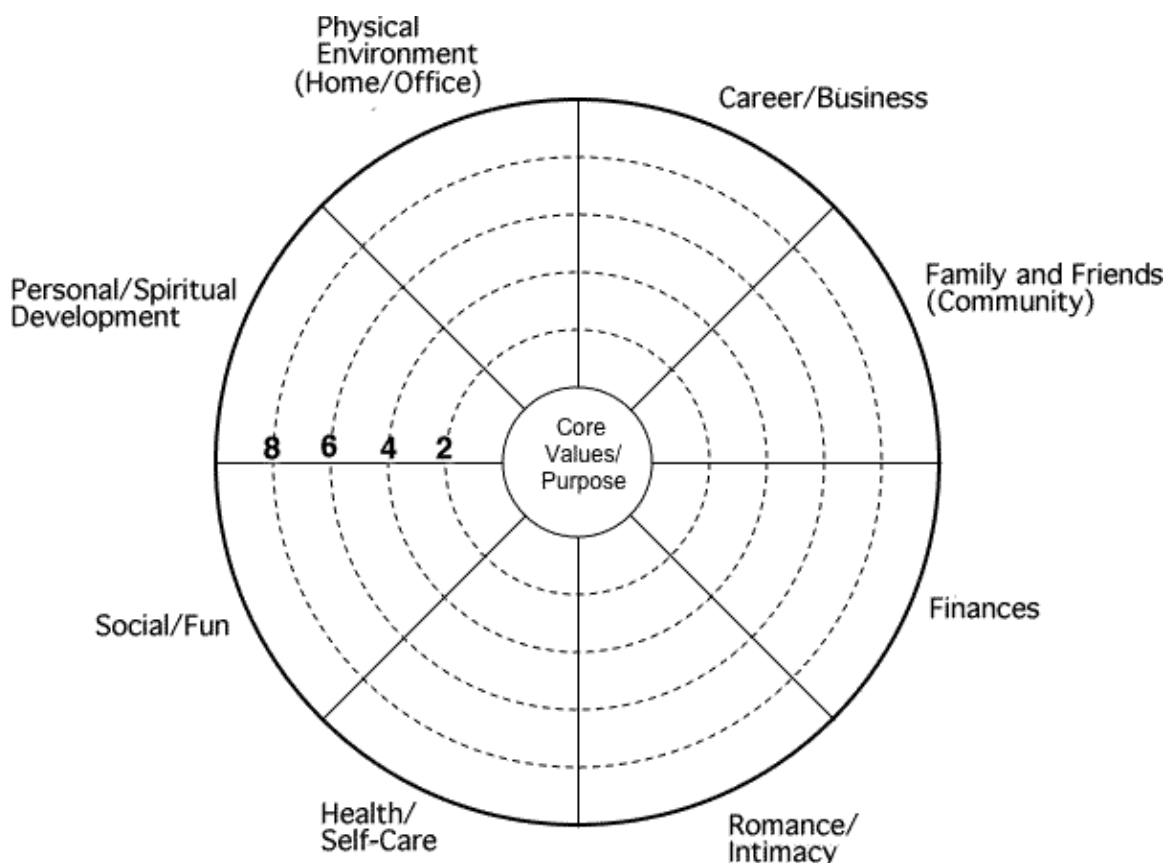


The Life Balance Wheel will help you identify areas of your life where you can benefit from coaching.

Directions:

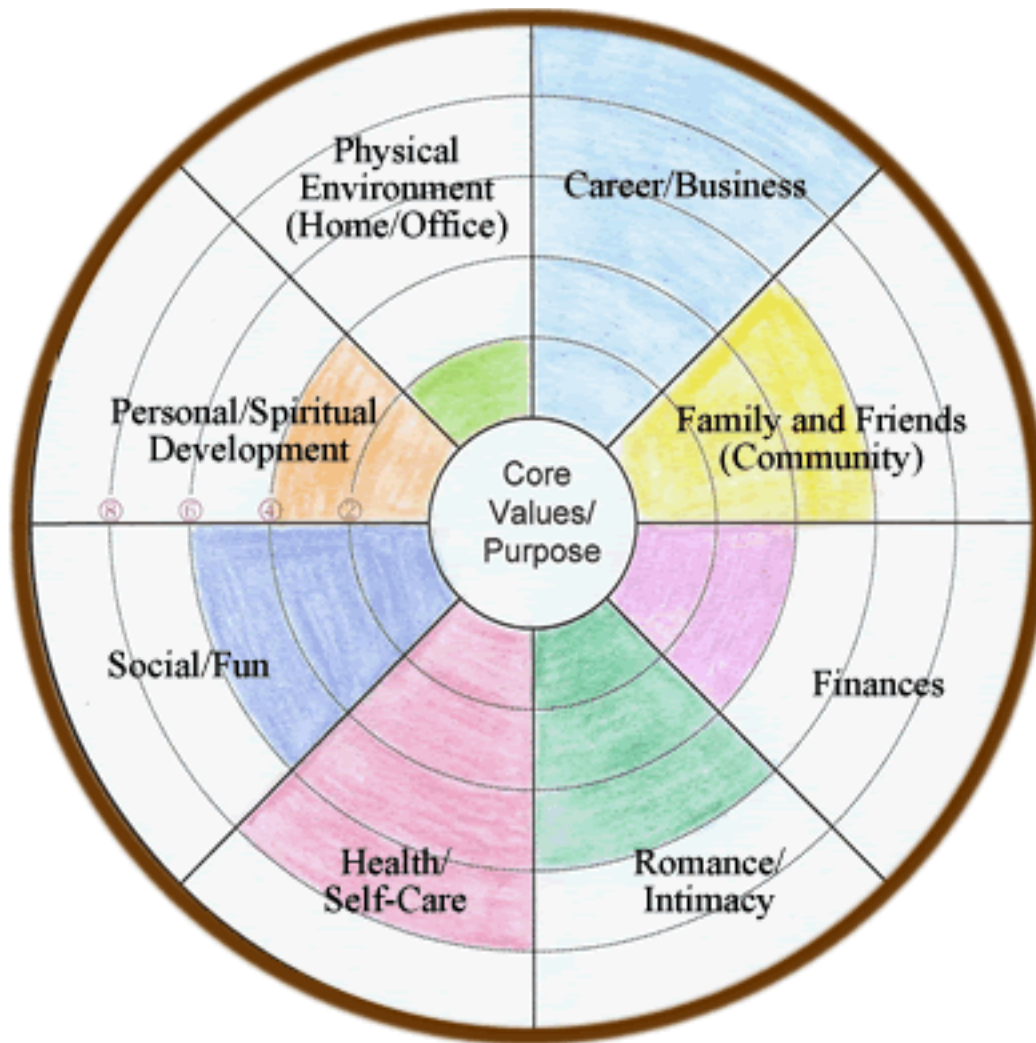
1. Rate the level of satisfaction in your life (“0” representing “none” up to “10” representing “very satisfied”) in the areas of the Life Balance Wheel.
2. Shade the sections in various colors if you wish.

By shading the section of the wheel in various colors you can clearly see the areas in your life where you have the potential for growth and positive development.



Sample

What does your life look like?
Here's how one person began the adventure and
came to visually see what was in balance--and what was not.



© Dr. Patrick Williams, Institute for Life Coach Training