

WHEEL OF LIFE

How balanced is your life?

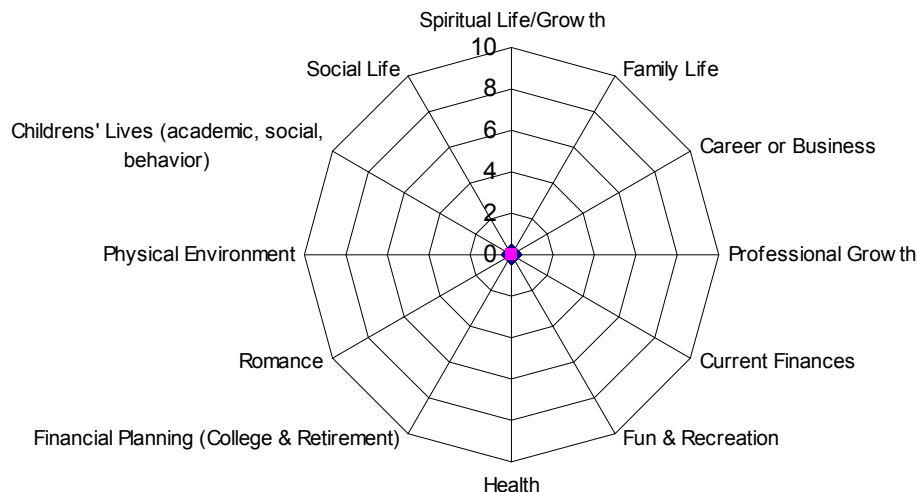
The Wheel of Life is used to:

- Identify areas of discomfort in your life
- Measure and assess the balance in your life
- Stimulate thinking on actions to be taken to improve your overall life balance.

Using the diagram below, rate each area of your life on the scale of 0 to 10 (0 being completely dissatisfied, 10 being completely and fully satisfied). In your evaluation of satisfaction, consider all elements of this area:

- Is it working for you?
- Are you fulfilled in this area?
- Do you need more or less of this?

Plot your ratings on the chart below (feel free to ignore any areas that are not relevant to your life) and connect the dots.



Now assume that the connected dots represent the wheel of the vehicle of your life. How smooth is your ride?

What is one step you could take today that would improve your ride?

Coaching can help you to identify and make changes in your life that will advance you to a smoother, more fulfilling ride. If you are interesting in learning whether coaching can help you, please contact Sherry Read of Read Solutions Group today, at <mailto:Sherry@ReadSolutionsGroup.com> or visit our website at www.readsolutionsgroup.com.