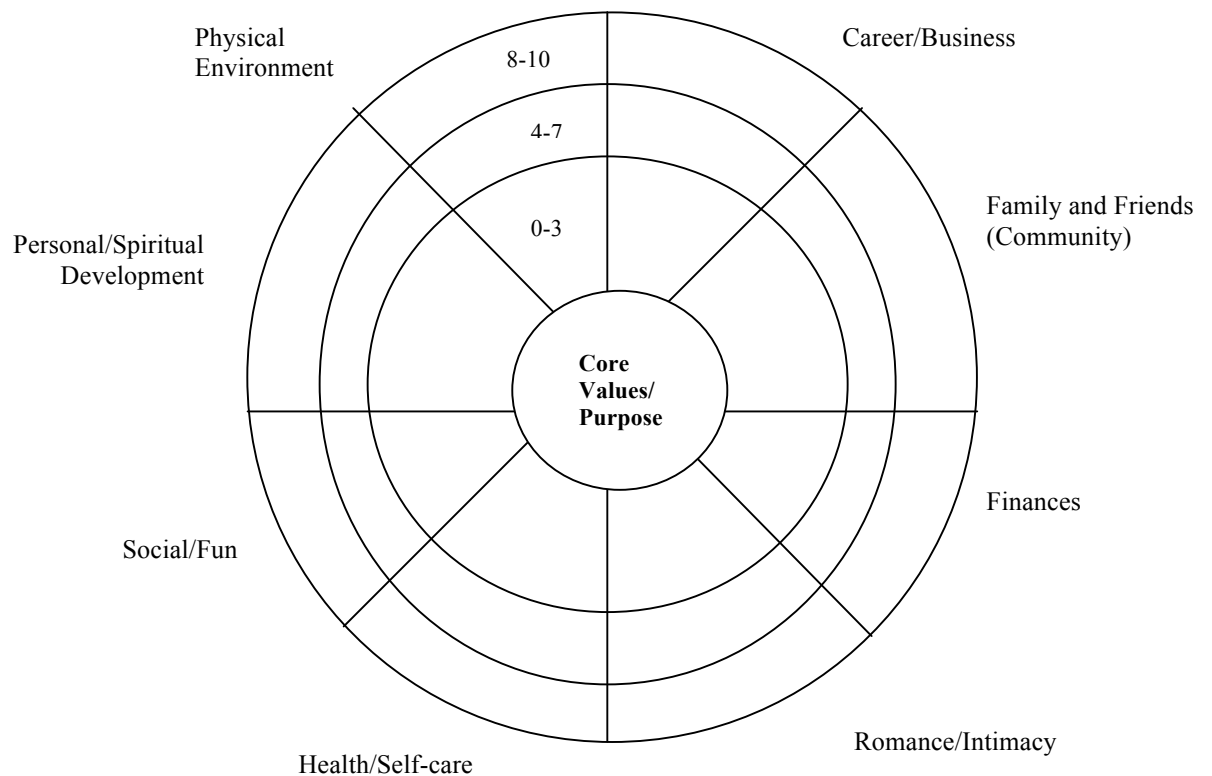


Life Balance Wheel



The hub represents your core values—each area interrelated in an ideal life. Give yourself a score (1-10) and shade or color in the space accordingly. (10 = completely satisfied; 1 = completely dissatisfied). Use this Life Balance Wheel as a way to assess the level of life satisfaction in each area. You may score it numerically to measure the improvement desired, or you may use it to have a coaching conversation about gaps between where you are now and where you would like to be.