



WELCOME TO "GROWING FULFILMENT" PERSONAL LIFE COACHING



Life Balance Wheel

Guidelines:

1. Use the given labels, or change them to express your own important areas of life satisfaction; use more or fewer wedges than shown.
2. Use the logo at upper right as a model, if you like.
3. Fill each wedge from the centre outward using a ten-scale to indicate your current level of satisfaction in that area, for example, if you feel 70% satisfied in a particular area, fill the inner 7/10th of the wedge with your chosen colour.
4. Go with your first gut reaction about levels of satisfaction, without analysis or inner debate. We'll explore in detail later.
5. This represents a snapshot of your life today. Notice where there are major dissatisfactions or imbalances. We'll consider these in future sessions.

Name: _____ Date: _____



