

Life Balance Wheel

MeetYourAngels.com

The "Life Balance Wheel" is a tool to help you take a "snapshot " of your satisfaction levels in the various facets of your life. For each of the suggested areas below, shade in the sections of each piece representing your satisfaction level from 0-10 for each area. The more satisfied you are, the more areas you shade in.

The first time you do this exercise, do not judge your situation... try to be as honest as possible. Ideally, your wheel should be balanced on all levels, but it is very unrealistic to accomplish this without goal setting and accomplishment.

Use the "facets" from the list below and/or create your own that you wish to track. Place the labels around the outer edge of the circle to keep track of that facet. This worksheet should be reviewed and completed on a monthly basis.

If you would like to have Paul as your Life Coach, please email him at Paul@MeetYourAngels.com, attach a copy of your filled in Life Balance Wheel & he'll send you a Free [MindMeister](#) Mind Mapping Tool to help you set goals for each of the various areas.

- Relationships (Significant Other/Romance/Intimacy, Friends, Family, Work, Community)
- Career
- Finances
- Fun & Recreation
- Health (Physical/Mental) / Energy Levels / Fitness / Self Care / Well Being / Self Esteem
- Personal Growth & Development (Education)
- Physical Environment/Possessions
- Spirituality
- **Add Your Own...**

