

THE WHEEL OF LIFE

An Exercise to Identify Where I'm Out of Balance
And
Planning Worksheets to Achieve Maximum Results

Directions:

1. Identify what success looks like to you in each of 10 areas (Worksheet: Success).
2. On the "Wheel of Life", plot where you are now – how satisfied you are -- in each of those areas using a scale of 1 to 10. 10 is the outermost part of the ring and represents the most satisfaction.
3. Draw a line between your score on each slice of the Wheel of Life pie. (see Sample Wheel of Life)
4. What are your thoughts about how bumpy your life is? Any insight or revelations?
5. Identify your beliefs on each of the 10 areas (Worksheet: Beliefs)
6. Using the Life Balance Worksheet, for each area do the following.
 - (a) Prioritize how important it is compared to the other 9 areas. (When done, you should see all the numbers from 1 to 10, although probably not in order)
 - (b) Identify what you already have in this area
 - (c) Identify a major goal for this area. Is it linked to your definition of success?
 - (d) Identify the date by which you'd like to achieve that goal
 - (e) List 3 things you can do towards achieving your goal. For example, if 'Move to New Apartment' was a major goal under 'Home/Environment', three things could be: (1) Buy newspaper and check out ads. (2) Identify area of town I want to live in (3) Talk to a realtor.
 - (f) List 1 action step to take this week. In the example listed above, your one action step might be to drive around different parts of the city to get a feel for different ones to see where you want to live. ANY action towards one of your goals counts and starts building momentum.
 - (g) DO IT!

Complements of



Louise Morganti Kaelin
Life Success Coach

www.touchpointcoaching.com
louise@touchpointcoaching.com

1-866-COACH-99

SUCCESS

For me, success in each of these areas means the following: (On a scale of 1 to 10, what would a 10 in each area look and feel like?)

Love/Intimacy _____

Work/Career _____

Community/Support _____

Health _____

Money/Wealth _____

Fun/Play _____

Creativity _____

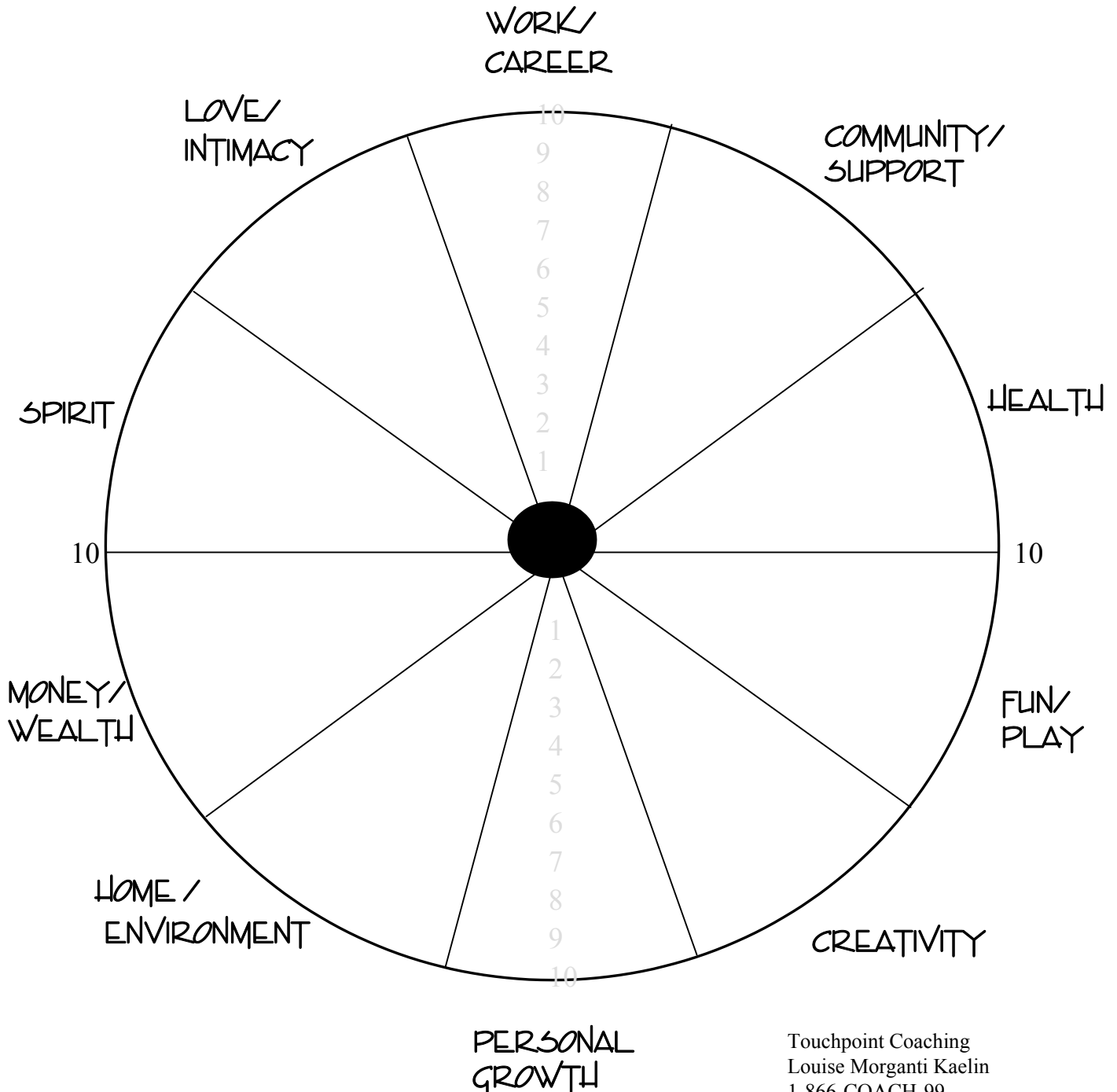
Personal Growth _____

Home/Environment _____

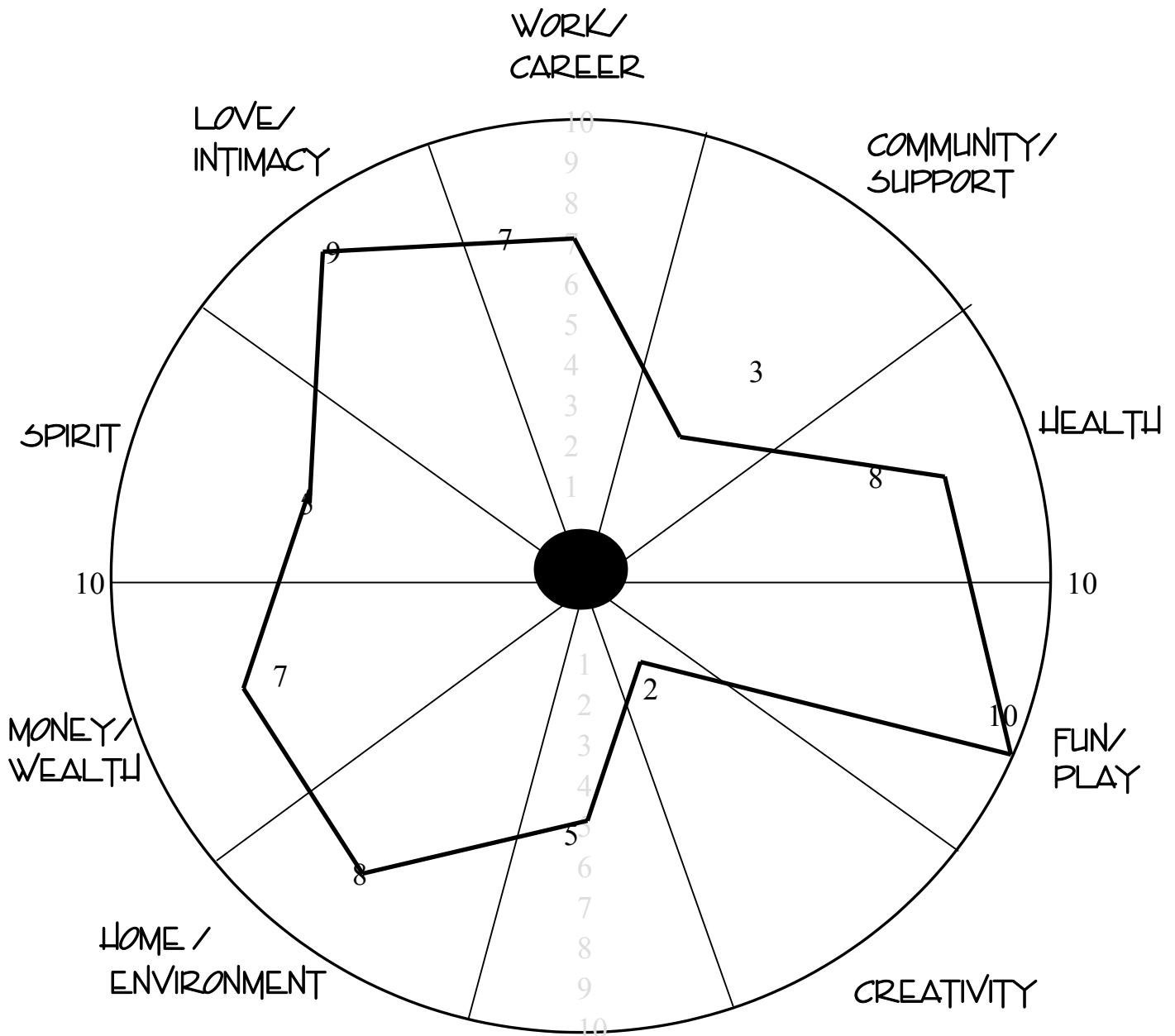
Spirit _____

THE WHEEL OF LIFE

1. On the “Wheel of Life”, plot where you are now – how satisfied you are -- in each of the 10 areas using a scale of 1 to 10. 10 is the outermost part of the ring and represents the most satisfaction.
2. “Connect the Dots” between each area of life (see sample on next page).
3. This will graphically show you where you are “out of balance” in life. Continue with the exercises.



SAMPLE WHEEL OF LIFE



BELIEFS

My beliefs can either support me in living my best life or prevent me from achieving results. This is what I believe about each of these areas: Where necessary, rewrite the belief and practice saying it. (For example, "I don't deserve love" could become "I deserve to love and be loved". That's a belief that will bring you closer to finding a relationship).

Love/Intimacy _____

Work/Career _____

Community/Support _____

Health _____

Money/Wealth _____

Fun/Play _____

Creativity _____

Personal Growth _____

Home/Environment _____

Spirit _____

LIFE BALANCE WORKSHEET

<i>Area</i>	<i>Priority (Rank from 1 to 10)</i>	<i>What I already have in this area</i>	<i>Major Goal</i>	<i>Achieve by When?</i>	<i>3 Things I can do towards this goal</i>	<i>One action step to take this week</i>
Love/Intimacy						
Work/Career						
Community / Support						
Health						
Money/ Wealth						
Fun/ Play						
Creativity						
Personal Growth						
Home Environment						
Spirit						