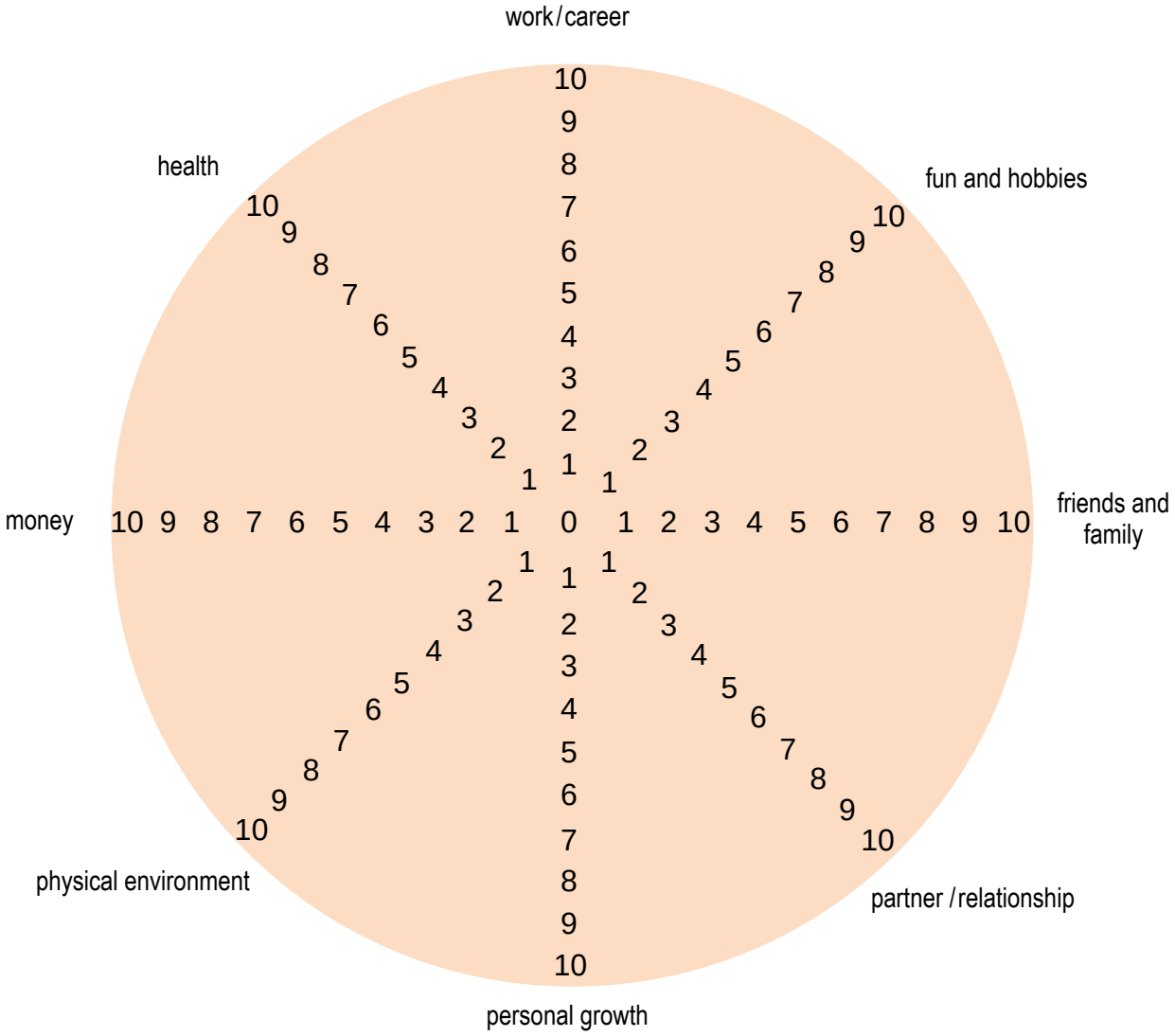
Helping you get from where you are now to where you want to be.

Life Coaching
Start making a difference to your life today

Wheel of Life

Research has identified eight key areas where people's lives can be out of balance. You can easily create a picture of the balance in your own life by using the Wheel of Life below. This invaluable coaching tool will allow you to see instantly where you need to focus your efforts to bring about the biggest changes in the shortest time. It will show you which areas of your life you need to work on to create a happier, balanced and more fulfilling life.

Each spoke of the Wheel of Life represents a key area of your life. Taking the 0 at the centre of the wheel as totally **dissatisfied** and the 10 at the outer edge as totally **satisfied** mark your current level of satisfaction for each area of your life with a cross on the appropriate number. Now draw a line to join each cross to its neighbour to create your own Wheel of Life. This will help us identify which area we need to concentrate on first. It won't necessarily be the one with the lowest score but it will be the area where change will have the biggest positive impact on your whole life.



Ralph Williams, Personal Life Coach and Mentor
3 Oak Green, Abbots Langley, Hertfordshire WD5 0PG
Tel: 01923 449664 mobile: 07905 202105 e-mail: ralph@ralphwilliamslifecoaching.com

Wheel of Life (continued)

Having created a picture of the balance in your life the next step is to explore a little deeper what it is about each area of your life that made you give it the score you did. Briefly write down in each box a) what you like about that area of your life and then b) what you'd like to change.

Work/career *a) Like:* *b) Change:*	*Fun and hobbies* *a) Like:* *b) Change:*
Friends and family *a) Like:* *b) Change:*	*Partner/relationship* *a) Like:* *b) Change:*
Personal growth *a) Like:* *b) Change:*	*Physical environment* *a) Like:* *b) Change:*
Money *a) Like:* *b) Change:*	*Health* *a) Like:* *b) Change:*

If you would like to know more about creating balance in your life or feel you need some help from me to make the most of this technique just click here.

Ralph Williams, Personal Life Coach and Mentor
3 Oak Green, Abbots Langley, Hertfordshire WD5 0PG
Tel: 01923 449664 mobile: 07905 202105 e-mail: ralph@ralphwilliamslifecoaching.com