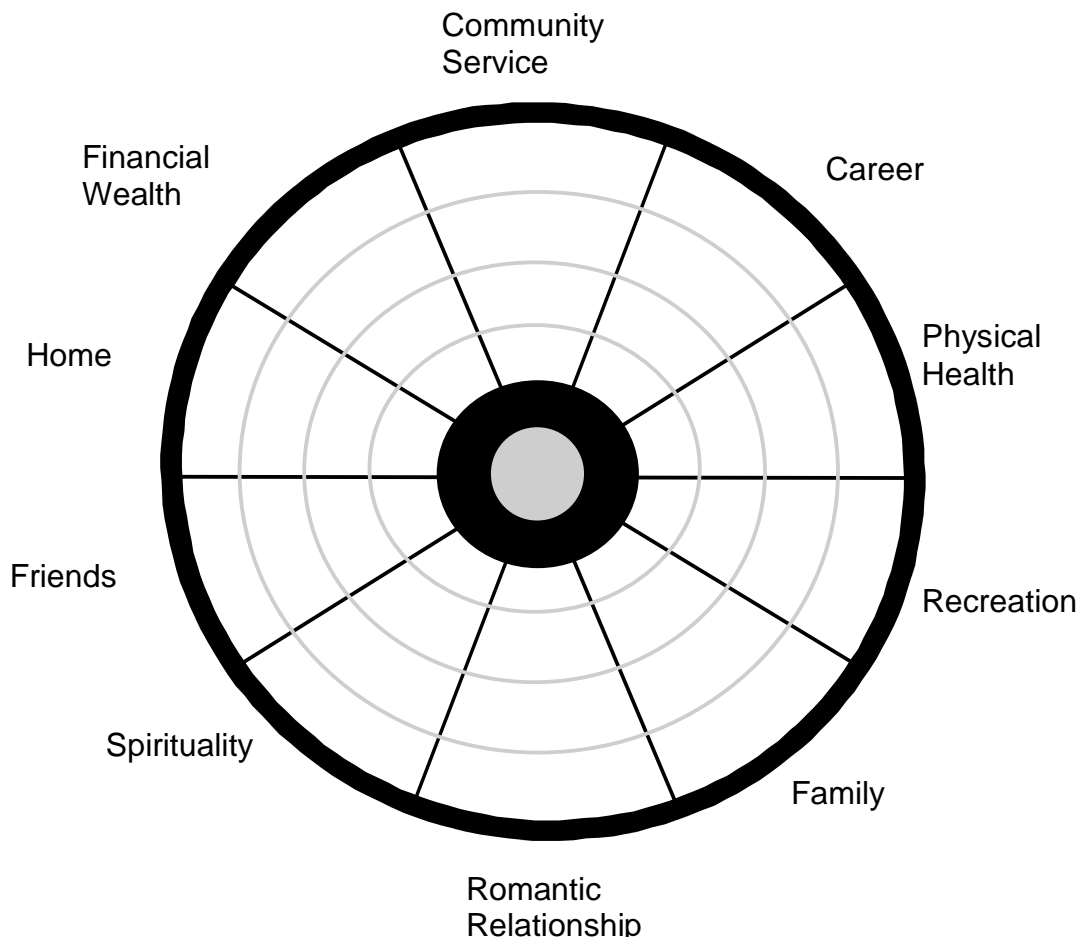


# The Life Balance Wheel

The ten sections of the Life Balance Wheel represent important aspects of a balanced life. Rate your level of satisfaction with each area of your life by coloring in the percentage of the wedge representing that part of your life, with 0% being it couldn't get any worse and 100% being you can't imagine it could be any better. Please note, this is just your level of satisfaction right now. There may be an area or areas in your life that are not present (like a romantic relationship or community service) and you may be perfectly content with that. So, just note your level of satisfaction in that area of life right now.

Also, feel free to change any category names that don't fit for you.

After you've completed the wheel, use the worksheet to make a note of what's working and what you'd like to change in each area of your life.



# Life Balance Worksheet

<u>Life Area</u>	<u>What's Working Well</u>	<u>What I Want to Improve</u>
Community Service	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Career	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Physical Health	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Recreation	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

# Life Balance Worksheet

<u>Life Area</u>	<u>What's Working Well</u>	<u>What I Want to Improve</u>
Family	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
Romantic Relationship	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
Spirituality	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
Friends	_____	_____
	_____	_____
	_____	_____
	_____	_____

# Life Balance Worksheet

<u>Life Area</u>	<u>What's Working Well</u>	<u>What I Want to Improve</u>
Home	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
Financial Wealth	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

**Now that you have a clearer picture of what's working well for you and what you'd like to do to move your life forward, take some time to celebrate your successes. I'm sure you've worked hard to get where you are today.**

**Next, prioritize the things you want to improve and make an action plan to get you moving. Also, set up some support to keep you on track. It may be formal support, like individual coaching or a group process. Or, it may be setting up a mastermind group or having a buddy. Results increase when we release the need to "go it alone" and reach out to give and receive support from others.**

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