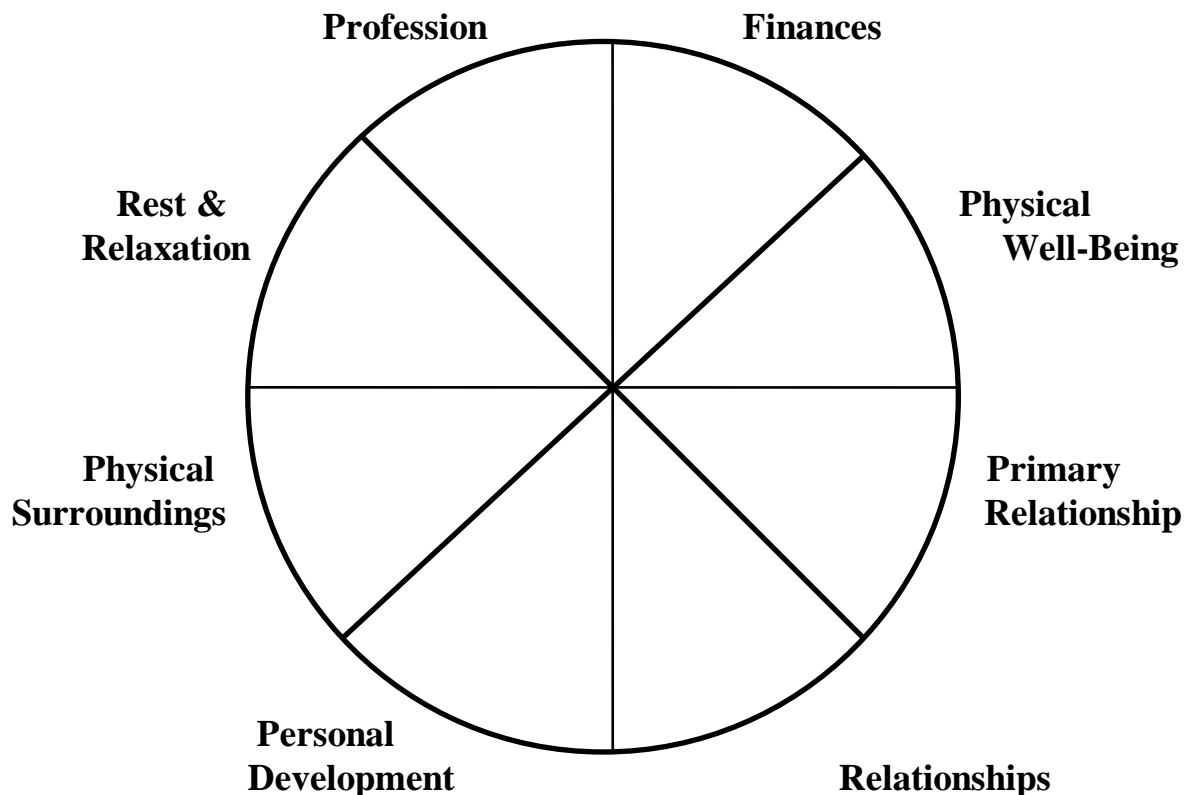


# The Life Balance Wheel™

## Instructions:

Please print out the worksheet and then rate your level of satisfaction for each key area of life by entering a number 0 – 10 in the correlating pie piece.



- Finances -** Your relationship with (giving & receiving) money, abundance
- Physical Well-Being -** Your body, health, sense of physical safety
- Primary Relationship -** Your being/not being in a primary relationship
- Relationships -** Satisfaction with family, friends, associates
- Personal Development -** Your process of growth and self-discovery
- Physical Surroundings -** Where you spend time - home, office, car
- Rest & Relaxation -** Time for regeneration, enjoyment, leisure
- Profession -** Giving and expressing your unique gifts and talents

**Now answer six powerful questions!**

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Please identify a key area where you are motivated to make a change but feel blocked or stuck.

**What do you want create for yourself in this key area?**

**What thoughts serve you regarding this key area?**

**What thoughts no longer serve you?**

**What strengths and skills do you possess that will support you in creating the outcome you desire?**

**How can you reach out for support to assist you in creating this outcome?**

**What is the next action step that you can take to move forward?**

**Visualize the outcome of this action step being successful!**

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