**Leisure**

My score is ______ and this is the reason.

________________________________________________________________________

________________________________________________________________________

In order to obtain a 10, I would have to

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Emotional

My score is ______ and this is the reason.

_____________________________________________________________________

_____________________________________________________________________

In order to obtain a 10, I would have to

_____________________________________________________________________

_____________________________________________________________________

Social

My score is ______ and this is the reason.

_____________________________________________________________________

_____________________________________________________________________

In order to obtain a 10, I would have to

_____________________________________________________________________

_____________________________________________________________________

Spiritual

My score is ______ and this is the reason.

_____________________________________________________________________

_____________________________________________________________________
In order to obtain a 10, I would have to

Physical

My score is _____ and this is the reason.

Physiological

My score is _____ and this is the reason.
**Intellectual**
My score is ______ and this is the reason. 

In order to obtain a 10, I would have to

**Occupational**
My score is ______ and this is the reason. 

In order to obtain a 10, I would have to
Life Balance Wheel

Directions: The eight sections in the Life Balance Wheel represent balance. Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents your Life Balance Wheel. How bumpy would the ride be if this were a real wheel?

Now complete the worksheet and determine what your 10 would be.

Adapted from Co-Active Coaching by Laura Whitworth, Henry Kimsey-House, and Phil Sandahl, Davies-Black Publishing, 1998
**The Life Balance Wheel Worksheet**

**Fun and Recreation**  
My score is ______ and this is the reason.

In order to obtain a 10, I would have to

**Finance**  
My score is ______ and this is the reason.

In order to obtain a 10, I would have to

**Personal Growth**  
My score is ______ and this is the reason.
Health
My score is ______ and this is the reason.

Significant Other/Romance
My score is ______ and this is the reason.

Friends and Family
My score is ______ and this is the reason.
Physical environment
My score is ______ and this is the reason.

In order to obtain a 10, I would have to

Career
My score is ______ and this is the reason.

In order to obtain a 10, I would have to
Here’s a bonus worksheet to help you focus on specific areas of your life. Complete this and file it where you have easy access so that you can review and update.

The Nine Key Goals in Life

Goals for peace of mine
The search for meaning and spiritual fulfillment

Personal Relationships:
Goals in relationships (with colleagues, parents, friends, children)

Learning and Education:
What would you like to know more about?

Work Goals
What are your goals for productive work and career success?

Leisure time
What activities (hobbies, sports, traveling) would you like to learn more about? To do more of?

Fitness: Goals for physical fitness and overall health
Financial Goals:
Plans for creating enough money to do the things you want to do.

Status and Respect:
To which groups do you want to belong? From who do you want respect?