

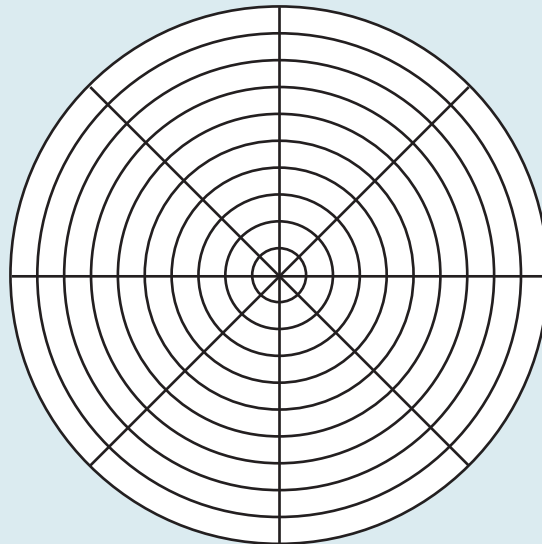
Assess the Quality of your life

Do any of these statements sound like you?

- "I never have time for myself."
- "I'm so busy I never have time for anything I enjoy. Whatever happened to the fun?"
- "I feel disconnected and am not sure why."
- "I know I have lots of talent but I feel I am not using it."
- "My boss is driving me crazy."
- "I can't balance my work life and my personal life."
- "I am anxious about my financial security."
- "I know I can get more done if I just focus."
- "I want to change my career."
- "I procrastinate and never get motivated."

Do the Wheel of Life and assess your satisfaction of life.

Wheel of Life



Instructions

The eight sections in the wheel represent balance. Give each section a name corresponding to an area of life that is important to you:–

Family, Friends, Partner, Career, Financial, Health, Social Life, Personal Time, Physical Environment, Spiritual Life and Personal Development

Regard the centre of the wheel as 0 and the outside edge as 10, rank your current level of satisfaction with each area of life by shading in the sections. This will give you an immediate visual feedback about your current life balance.

Once you have completed this exercise, don't panic if it shows that your life is not perfect, this is the starting point for change. One2One Professional Coaching can help you get from where you are to where you want to be.



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