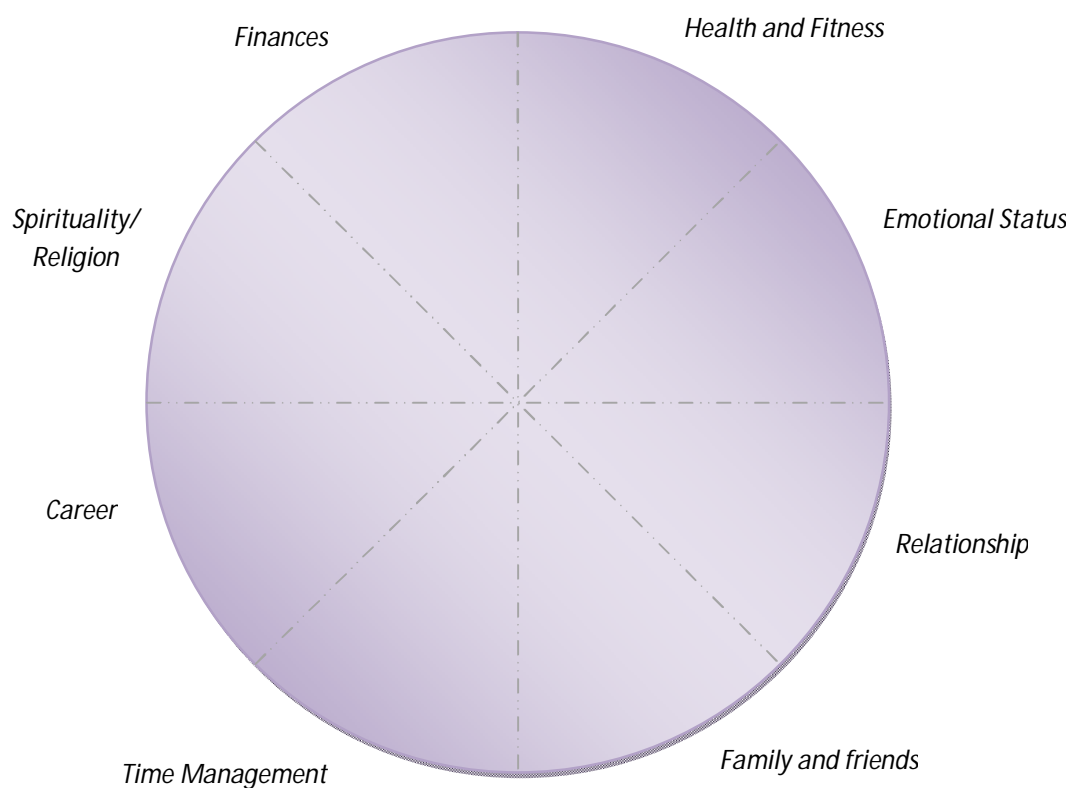


The Wheel of Life



The wheel of life is a great coaching tool to help you improve your balance in life. It allows you graphically evaluate how balanced your life currently is, as well as enabling you to rapidly identify the areas in life to which you want to devote more time and energy. The wheel of life is great for maintaining your life at the level you want on a consistent basis.



1. For each section, on a scale of 1 (low) to 10 (high), write down amount of attention you are devoting to that area of your life.

Mark each score on the appropriate spoke of life wheel, with 1 starting at the centre and 10 being towards the outer circle.
2. Join up the marks around the circle. Have a look at your wheel of life. What is the shape like? Does it look and feel balanced? Does it look like a bicycle wheel?

3. Decide your ideal level that you would like to be at in each area of your life. Please note that a balanced life does not mean getting a 10 in each life area at this precise moment. Some areas need more attention and focus than others at any given time.

Be realistic, what would your ideal level of attention need to be for you in each area of life?
Write this down

Then go ahead and put this in your wheel of life in a different colour.

4. Now that you have in front of you a visual representation of your current life balance and your ideal life balance. Look at what the gaps are.

You have identified the areas in your life that need attention.

5. Now that you have identified the areas that you wish to focus more on, it's time to make a plan of actions needed to work on regaining the balance in your life.

Coaching can help you make an effective plan of actions to help you reach your goals and succeed faster than you would on your own. If you are determined and have a wish to be successful in any area of your life, then failure is not an option for you! Dare to go forward... take action today and get what you want in life!

Stay focused and blessed.

Pushpa Vaghela

Accredited Life, Performance and Corporate Coach, Mentor, Master Neuro-Strategist, NLP Trainer, Accountant and Author of '*Standing at the Door*'

For more information visit:

www.GalaxyCoaching.com

www.StandingAtTheDoor.com