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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 percent- age 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.

The Life Balance Wheel

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Wheel of Life Definition (for Coaches) The Wheel of Life is a popular visual tool or worksheet used in coaching to help clients quickly understand how balanced or fulfilled their life is in this moment. It usually consists of 8-10 categories or areas considered important for a whole or balanced life.

The Wheel of Life: A Complete Guide for Coaches! | The ...

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The Wheel of Life is a powerful self-coaching exercise that gives a holistic picture of your life and helps you better understand what you can do to make your life more harmonious. Used by several influential self-help gurus, this tool has been around since the 60s and is today perhaps more popular than ever before.

Wheel Of Life Template With Instructions (Printable PDF ...

The Wheel of Life is powerful because it gives you a vivid visual representation of the way your life is currently, compared with the way you'd ideally like it to be. It is called the "Wheel of Life" because each area of your life is mapped on a circle, like the spoke of a wheel.

The Wheel of Life®: □ Finding Balance in Your Life

Draw a dot between the center, and the outer edge of the wheel to indicate how fulfilled you feel in each life area. The center of the wheel represents 0% and the outer edge represents 100%. Make sure you put a lot of thought and reflection into this process to create the most accurate representation of your life balance.

How to Use the Life Balance Wheel to Set Meaningful Goals

Wheel of Life at this point in time as it will indicate to you where you are spending most of your time and what it is that is making you truly happy. By understanding this, this will help you in determining what you truly want to do with your life and ultimately, be your guide for experiencing ongoing happiness. Process: 1) Print off one of the templates on the below page. Either the coloured ...

Wheel of Life - A Self-Assessment Tool

The Wheel of Life is a great exercise and tool for helping you create more balance and success in your life. It is often used in coaching and is a great

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foundation exercise when goal-setting. Below, you can download the free wheel of life template which is used by more than 3,000 people every month.

Wheel of Life - A Self-Assessment Tool - The Start of ...

The Life Balance Wheel helps you to map your overwhelmed or stressful feelings to the root cause. For example, if you find that your satisfaction is low in your career and your family, it's likely that you're bringing work home with you. This could mean that you are stressed at work, and that work is taking away time with your family.

How to Use the Life Balance Wheel for a Peaceful Life | A ...

Reach for a Wheel of Life - one of the most basic and powerful tools you can turn to when trying to live a more balanced life. A tool that gives you a rapid 360 snapshot of how things are going so you can confront and then upgrade your limiting factors. What is the Wheel of Life?

What is The Wheel of Life? Template + Assessment (Step-By ...

Simply ask your client to give each of the 10 qualities a score of 1 for each Category on the Life Balance Wheel that is enhanced by that quality. Choose one "partner personal quality" to tally up at a time. Then total up the scores and discuss! Example: Imagine a client has "Tall" or "Curvy" on their ideal life partner quality list.

3 Ways to Use the Wheel of Life in Evaluating ...

The Wheel of Life is a flexible coaching tool that offers a 360-degree view of your current life situation. It quickly identifies areas of imbalance and helps you to create goals and set priorities based on your life vision. This means to know what you want in life, and I mean really know.

How to Use the Wheel of Life Coaching Tool to Create a ...

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The Wheel of Life is a simple yet powerful tool for visualizing all areas of your life at once to see where you most need improvement. It only takes a minute to complete and it's totally free! Take the Assessment Fill out your Wheel What is the Wheel of Life?

Wheel of Life | Free Online Assessment

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The purpose of the wheel of life exercise is to make sure our wheel, the whole of our life, is balanced, all aspects or needs fulfilled in the right way. When one aspect of your life becomes the...

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