

INSTRUCTIONS

- 1. Imagine that each of the categories above represents an area of your life.
- 2. Now imagine that each spoke is numbered from 1-10, where 1 is the intersection of the spokes in the middle, and 10, the highest value, is at the outside of the circle, while 5 is at the midpoint of each spoke, and so on.
- Choose a number between 1-10 that best represents how you are doing in each area, 10 being optimal activity/maximum satisfaction and 1 being no activity/maximum dissatisfaction. Make a dot on each spoke at that value.
- 4. Connect the dots. What does the final shape look like? Is it fairly round, or does it have a flat side and some spokes sticking out?
- 5. Now I want you to imagine how it would be driving a car with a wheel shaped like this? A pretty bumpy ride! How is your life? Bumpy at times?

 Look at the wheel again. Raising the number in which area(s) would have the greatest impact in your life, right now? What would you need to do there? List it out here.

This is a significant goal area. If you can work to smooth the wheel in that one (or two) area(s), the entire ride will become smoother.

Life Wheel

7. On a scale of 1-10, describe your commitment to doing these activities on the list you created:

Congratulations - you're on your way to better balance in your life.

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Feel like you could use some assistance? A coach can help you focus your efforts and round out the balance in your life. Call The Executive Happiness Coach[™], Jim Smith, for a consultation.

