

Balance Wheel

Within each of the following eight areas, place a dot at the location on the wheel that you feel best represents where you are at this moment in your development.

A (10), the outer most part of the wheel, would equate to being "completely satisfied" while a (1), the center of the wheel, would indicate "complete dissatisfaction."

Make this an honest assessment that indicates your level of satisfaction in the corresponding area of your life. To help you get started, several areas are already inserted: **Health**, **Relationships**, **Personal Growth**, **Finances** and **Career**. However, feel free to modify them and add your own. Some areas for you to consider might include:

- Spiritual Growth
- Community Involvement
- Family
- Personal Happiness

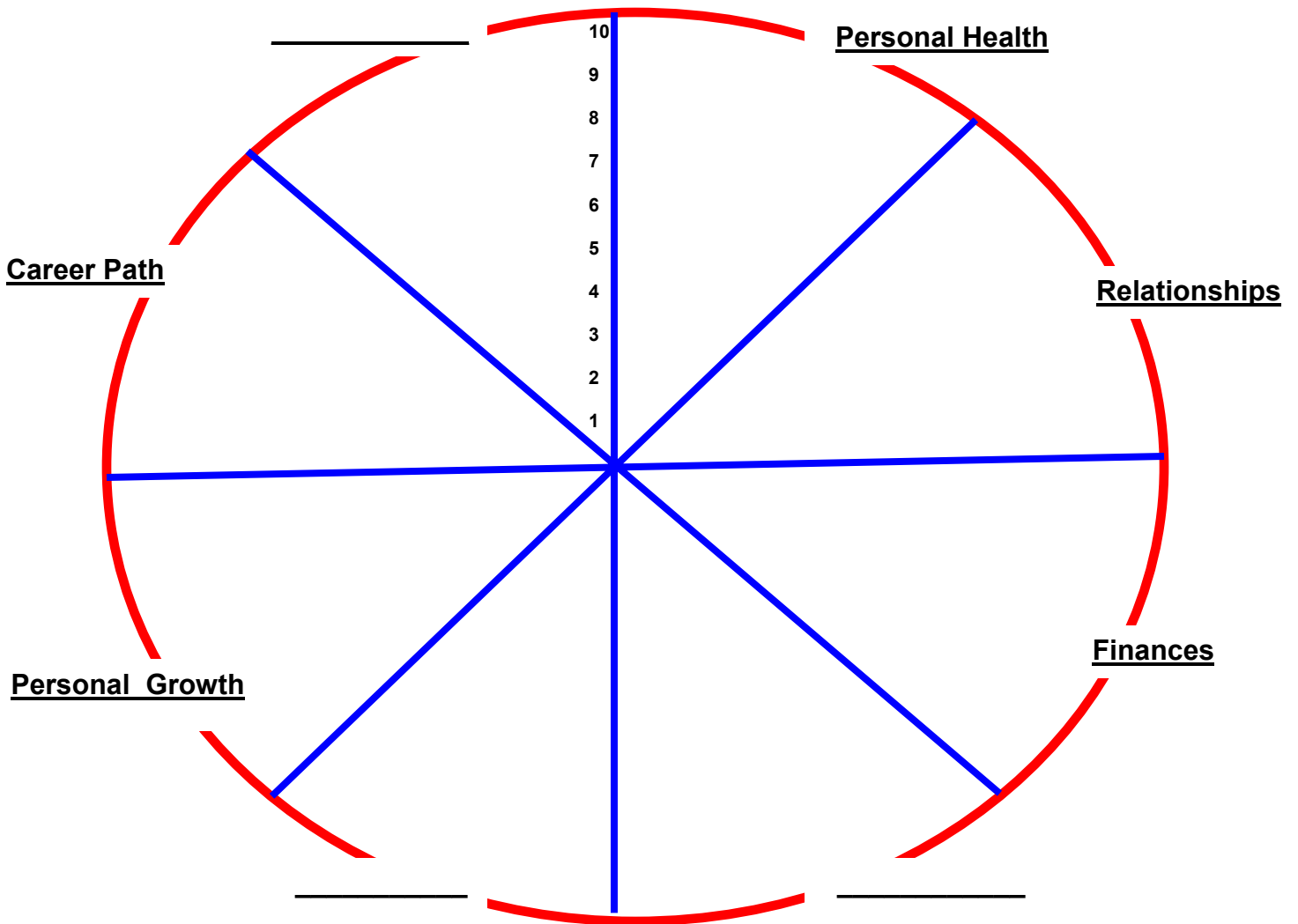
After you plot each point, connect the dots. This represents the "balance" within your life. The more honest you are in your evaluation, the more accurately you will be able to identify the areas that need improvement.

You can use this model to illustrate any area you like. For example in business the segments could represent: ***Sales, Profits, Marketing, Strategic Planning, Leadership, Employee Development, Market Penetration and Product Development.***

"Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance."

- Brian Tracy

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Imagine how your car would travel if the wheels were in this shape.
Are you content with the shape and balance of your life or business?

If you are not satisfied with your progress, Coaching may be right for you.