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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

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being you can't  
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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

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Considered important  
for a whole or  
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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

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Wheel Of Life

Template With

Instructions (Printable  
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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

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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

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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.

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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

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truly want to do with  
your life and  
ultimately, be your  
guide for experiencing  
ongoing happiness.  
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on the below page.  
Either the coloured ...

Wheel of Life - A Self-  
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The Wheel of Life is a  
great exercise and

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tool for helping you  
create more balance  
and success in your  
life. It is often used in  
coaching and is a  
great foundation  
exercise when goal-  
setting. Below, you  
can download the free  
wheel of life template  
which is used by more  
than 3,000 people  
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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

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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

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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 +

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Assessment (Step-By

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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

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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

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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

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Create a ... Wheel

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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?



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