

## Your Wheel of Life – Balanced or Bumpy?



### What's Does Your Wheel look like?

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The Wheel of Life is a concept originally created by Paul J. Meyer, founder of Success Motivation® Institute, Inc. Many professional coaches use this tool to illuminate life from a new and deeper perspective. This exercise examines life as a whole, as well as the parts of life, at the same time to form an overall view of how balanced or bumpy your life is. By taking time to evaluate our satisfaction on a scale of one to ten in the important parts of our busy lives we can see where we are out of balance and where we have great satisfaction. We can then determine where we want to focus our energy in the future.....enhancing areas that are already strong as well as developing areas that we want to be better.

#### **Instructions for Wheel of Life:**

Attached are two Life Wheels, a completed Life Wheel and blank. Use the wheel that works best for you at this stage in your life. Use the completed Wheel or create your own by choosing the eight most important areas in your life.

1. Draw a line in the portion of the circle through the number that represents your current satisfaction.
2. Join the scores in each pie piece to form a perimeter of the circle. What does your Life Wheel reveal?
3. Take a moment to reflect on the findings from this exercise.
4. What would the ideal level of satisfaction be for each part of your life?
5. Make an action plan to move from current levels of satisfaction to ideal satisfaction in one or more parts of your life.
6. This is a great exercise to work on with your coach. Your coach will partner with you to move from your current level of satisfaction to your desired level of satisfaction.

## **Favorite Books For Balancing Your Wheel of Life**

The Four Agreements – Don Miguel Ruiz

The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results – Gary Keller with Jay Papasan

Living Your Best Life – Laura Bergman Fortgang

“You Can Heal Your Life” – Louise Hay

“A New Earth” – Eckart Tolle

“The Go Giver” – Bob Burg

“Yes and No” – A Guide to Better Decisions – Spencer Johnson

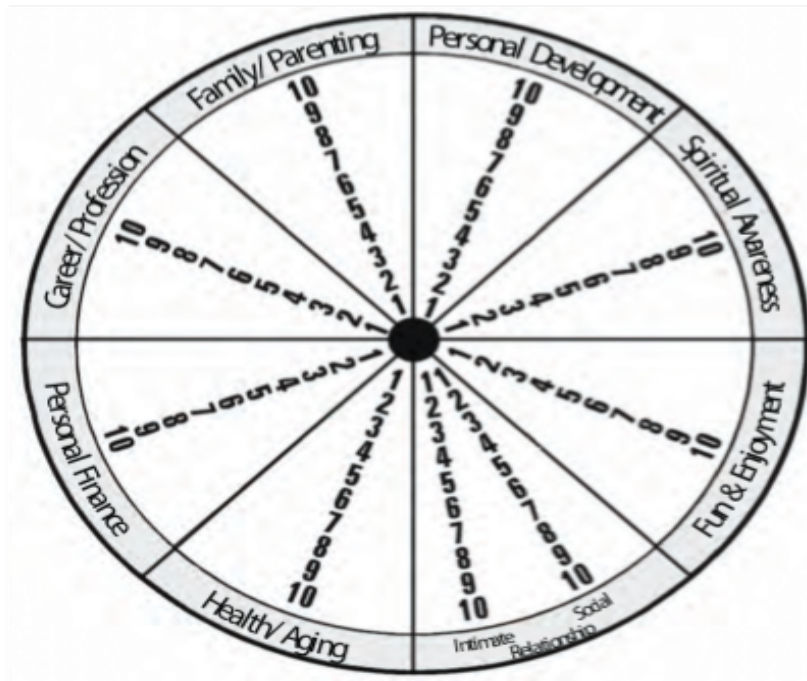
### **Attached Tools:**

Wheel of Life Templates

Bonus – Pain/Gain Chart to help narrow area of focus. If you are stuck between two choices and unsure what to do this tool can help you determine the next step.

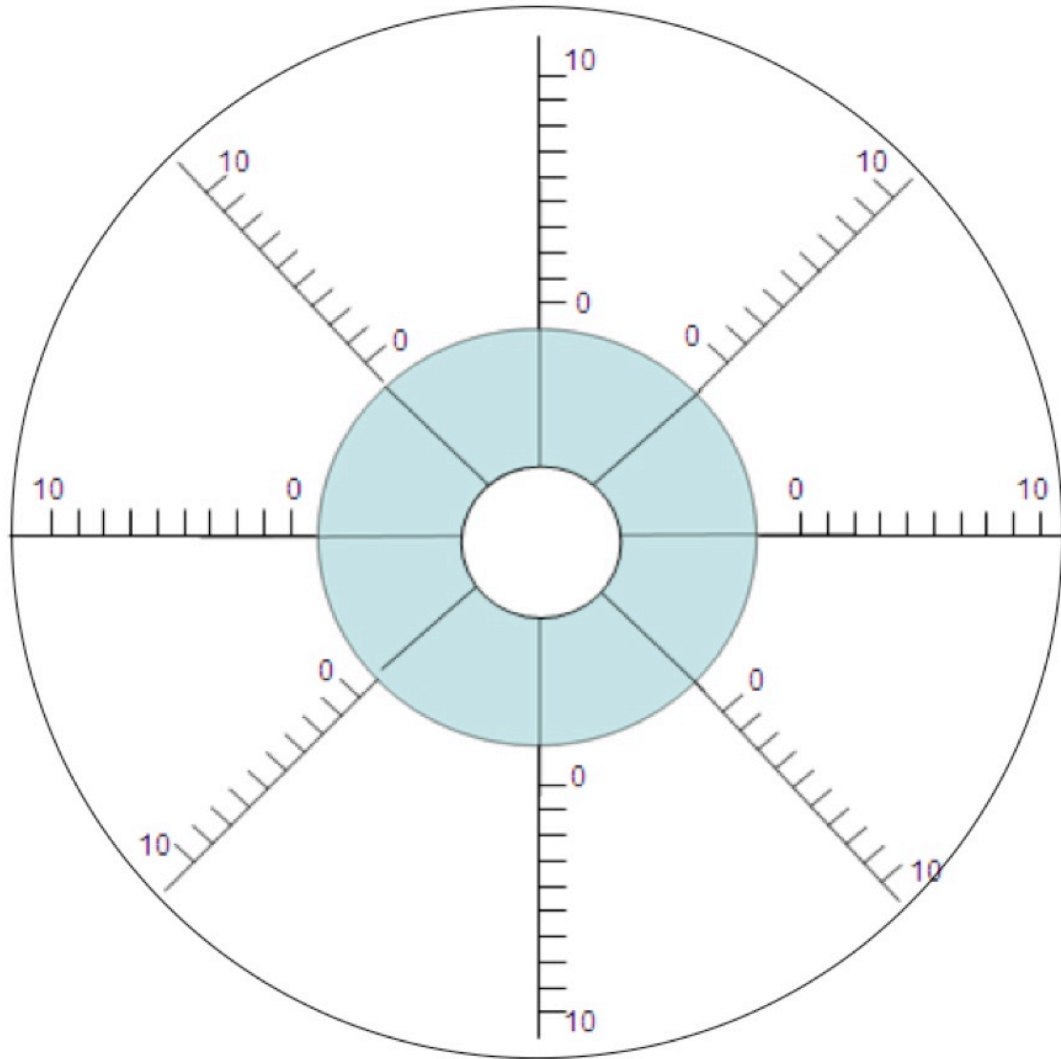


## Wheel of Life



Directions: For each section of the wheel, circle the number that represents your current level of satisfaction. The higher the number, the more satisfied you are in that area.





Directions: Each Section Represents an important part of your life. Pick the eight parts of your life that are important to you. Next, rate the level of satisfaction in each part. Zero meaning not at all satisfied and 10 highly satisfied. Lastly, connected the lines to form an inner wheel.



# Pain Gain Chart

## Trying to decide between two options?

**Instructions:** You list the two options you are trying to decide between on the left. Then fill in each quadrant. i.e. The Pain of staying in my job, The Gain of staying in my job. Repeat for the other quadrants. This can be used with any decision large or small. It adds a whole dimension beyond the "T" chart.  
Go back and prioritize each box and/or place a value from 1 - 5 as to it's importance to you. (1 being the highest.)

Options	Pain	Gain
Stay in my job	Emotional drain Low salary Boss's management style	Like my co-workers Easy commute Enjoy my work
Leave my job	Don't know location of next job Fear of not getting a better job Will my co-workers be as nice	New adventure Exciting New opportunity New boss

Idea  
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Form created by Marcia Clark of Life Coaching with Marcia Clark

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## **How does Coaching differ from counseling, consulting, mentoring, sports coaching, or the support of friends and family?**

**Counseling or Therapy:** Therapists generally look at problems by figuring out why something happened in the past to understand the present. They also deal with mental illnesses and analyze behaviors. In Coaching, we look at the negative energy from the past so the client can move forward, but we do not analyze, diagnose, or attempt to treat these behaviors or disorders. If these are observed, or concern is raised regarding these areas, the client is encouraged to seek counseling from a licensed therapist. Then the therapist and coach may work together if the client gives permission.

**Consulting:** A consultant is hired when there is a problem. Their work is usually completed once the solution is found. There may be an ongoing relationship, but it would be to address a new problem. Consultants are viewed as having the answers to a problem. In Coaching, we feel the client has the answer and we partner to help the client discover it.

**Mentoring:** This is when a person has experienced what you are experiencing and they are in a position to give you advice based on their success and/or failures. In coaching, we feel the client has the answers, and even though we may have had a similar experience, we are not the client, so our solution may not work for them. We may share our experiences to show empathy with the client or to point out possibilities, but there is no premise that that is the solution for the client.

**Sports Coaching:** This coaching is often focused on a win/lose scenario. Life Coaching is focused on a win/win scenario for everyone.

**Friends/Family:** Friends and/or family members may find it hard to be objective. Also what you do, or the advice you take from a friend or family member, may influence your relationship so often opinions or advice may be tentative or flavored with that in mind. Both of your lives can be impacted and often friends and family don't want to feel your decision was based on what they said.