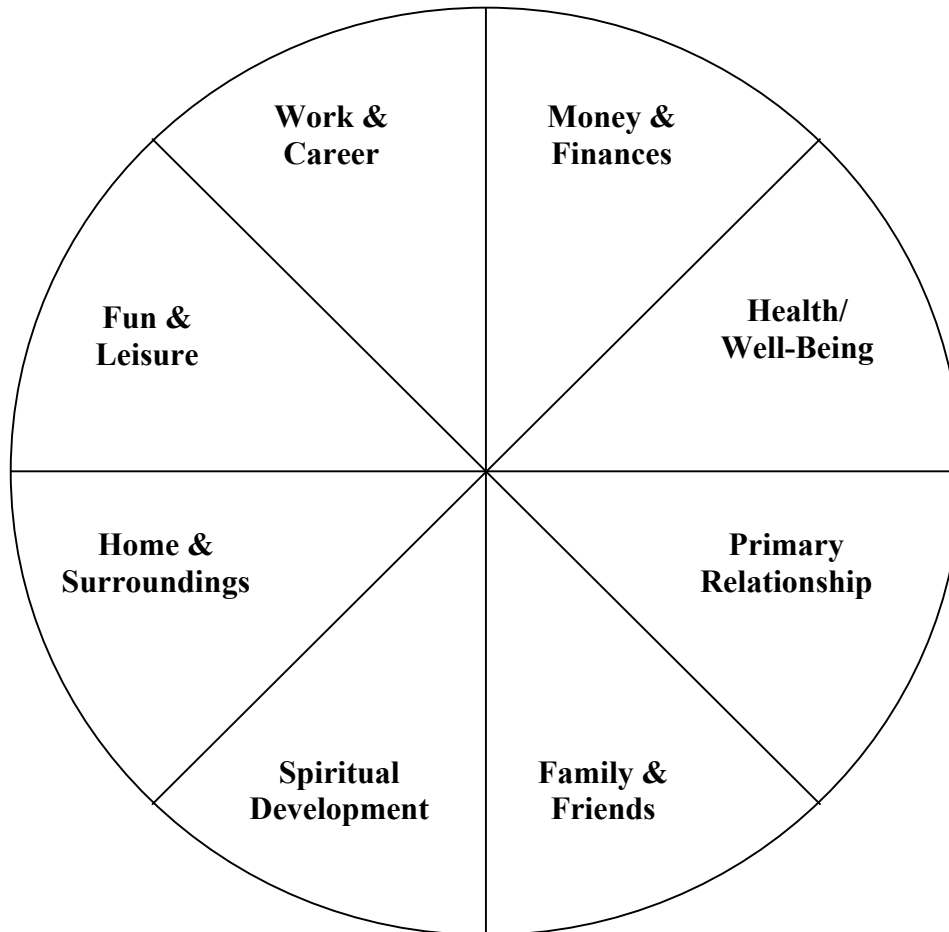


Life Wheel

During the course of this Blueprint coaching relationship, you will choose an area of your life to work on in-depth. This Life Wheel is a simple tool to help you do a quick, initial evaluation of your life in terms of quality, balance and personal satisfaction. There are no right or wrong answers or results in this exercise. The Wheel merely gives you an opportunity to look at your life from a simple, clear perspective. With it you can easily see which areas are more balanced and fulfilled, and which area or areas most need your attention right now.



Step 1. Rate the areas above on a scale of 1 – 10 (10 as the highest) indicating your current level of satisfaction with your experiences and achievements in each of them.

Step 2. Now go back and indicate the percentage of your time that you devote to each of the areas.

Step 3. Next go through and indicate the percentage of your energy that you devote to each area.

Step 4. Finally, journal about the results of this exercise and consider how you would ideally want your life to be reflected by this wheel.

- How would you ideally want your time and energy to be distributed differently among the areas?
- What would it take for you to feel like you were functioning at a 10 in each area?
- What thought or belief would you have to give up in order to have your life feel balanced?