

SUSAN BOCK

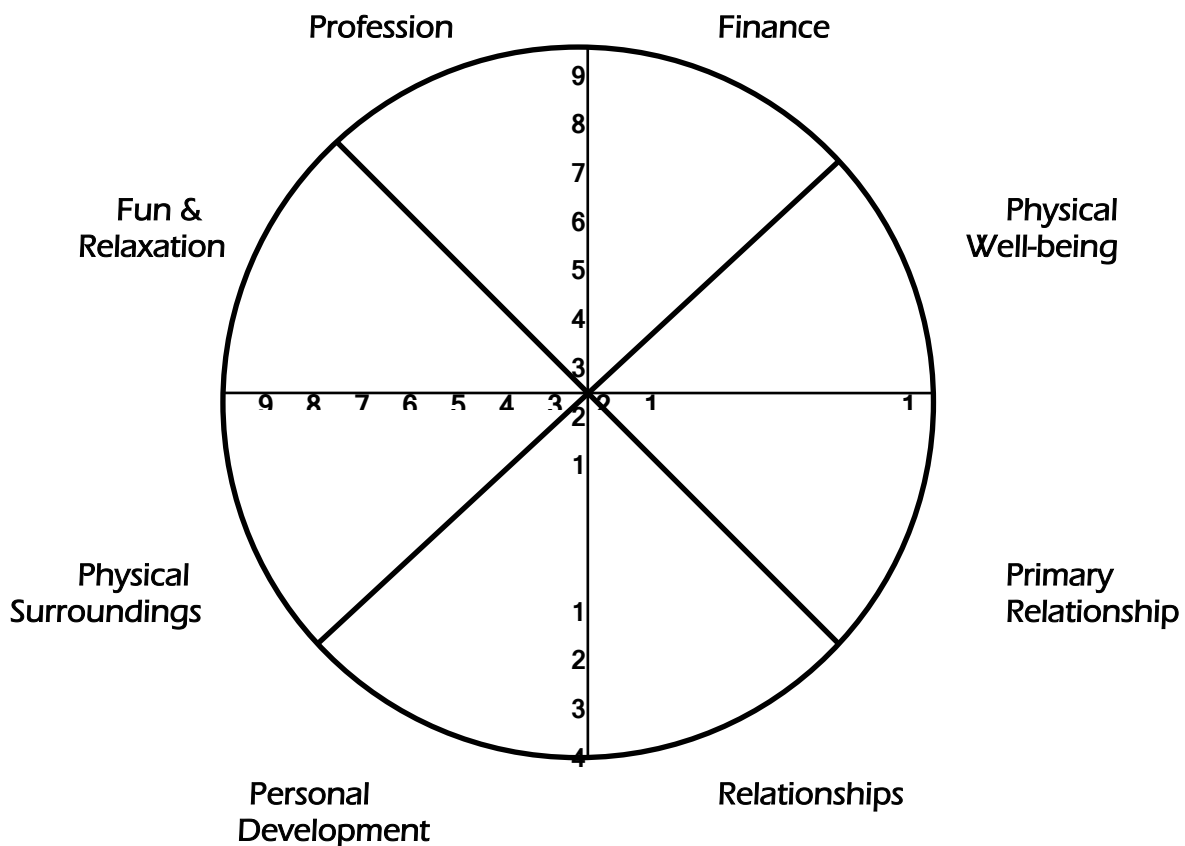
COACH AUTHOR SPEAKER

Wheel of Life

This is a very useful assessment in determining your current satisfaction with these 8 segments in your life. I invite you to take your time with this; consider all the components that come into play. This is adapted from *Co-Active Coaching* by L. Whitworth, H. Kimsey-House, P. Sandahl (1998) and although it was created 12 years ago, it continues to be a powerful tool for people.

Instructions:

As denoted by the numbers on the axes within the wheel, 0 is the lowest rating possible with 10 as the highest. Rate your level of satisfaction for each segment of your life then connect your ratings which will create a new circle. (Do not be concerned if the emerging shape is not a perfect circle.) For an explanation of each of the eight segments, go to the next page.



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The eight sections in the Wheel of Life represent balance.

Finance - Your relationship with (giving & receiving) money, abundance

Physical Well-Being - Your body, health, sense of physical safety

Primary Relationship - Your being/not being in a primary relationship

Relationships - Satisfaction with family, friends, associates

Personal Development - Your process of growth and self-discovery

Physical Surroundings - Where you spend time - home, office, and car

Fun & Relaxation - Time for regeneration, enjoyment, leisure

Profession - Giving and expressing your unique gifts and talents

What does the shape of your wheel tell you?

What did this assessment reveal to you?

What action can you take with this new knowledge?

How will you benefit from knowing this about yourself?



I've shown 1,000's of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Check out my Coaching packages and 'On Purpose' Power Products at www.SusanBock.com

For Downloads Galore, go to www.SusanBock.com/free-resources-2/

Have Questions? Give me a call 714-847-1566

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