



## WHAT SHAPE IS YOUR LIFE IN?

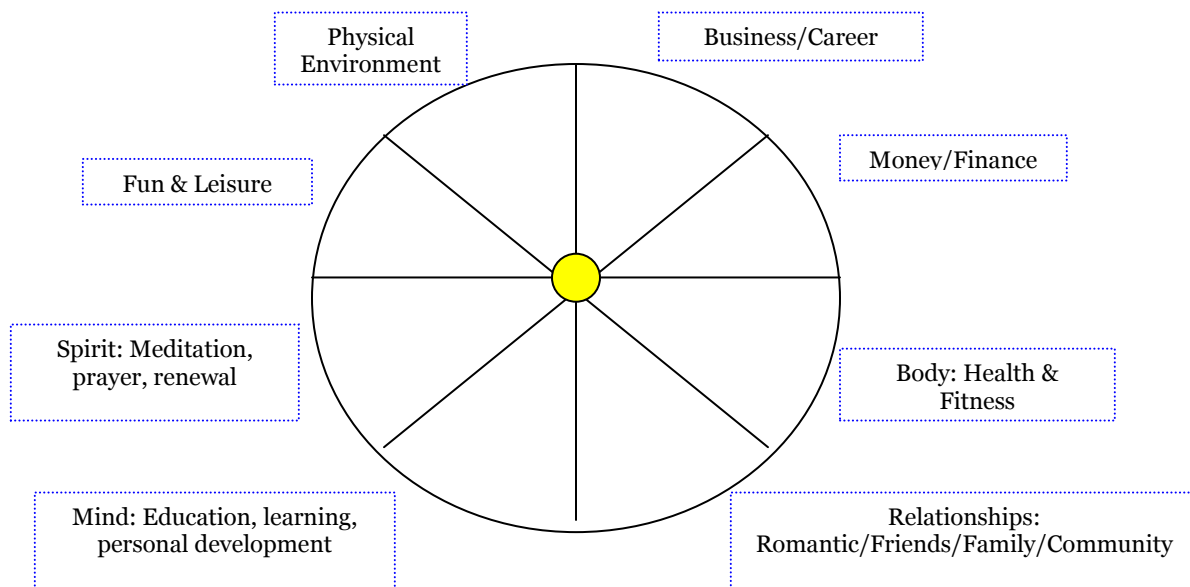
*“When your body is out of shape and you need help getting fit or losing weight, you hire a personal trainer. Wouldn’t it be great if you could do this for all parts of your life? Now you can with the help of a Coach...”*

*~ Cheryl Richardson, Master Coach and Author*

### The Wheel of Life

Life has many facets and each of us plays many roles. The sections of the Wheel of Life represent Balance. To achieve sustainable balance and good health, we need to devote some time and attention to each area throughout our lives. Some areas become more important at different points in our life. And since each person is different, you cannot compare your life to another’s because s/he may have spent years working on one area, like money for example, while you spent several years focusing on education. No one is right or wrong, just different based on priorities and circumstances. We each travel our own journey. Eventually, we want to reach a place where we feel satisfied in every area. This is the path to a great life. Complete this each year to see your current status and how things have changed.

**Directions:** With the center of the wheel as ZERO and the outer edge as TEN, rate your level of satisfaction with each life area by drawing a line across the wedge to establish a new outer edge. (Note: this is about how satisfied you are versus how good the area is.)



The new perimeter represents your life balance as of \_\_\_\_\_ .  
Today's Date

As you look at your life, which 3 areas would you like to start working on first?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Visit [www.JulieDonley.com](http://www.JulieDonley.com) for more resources to help you navigate life and create a more enjoyable life experience.



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