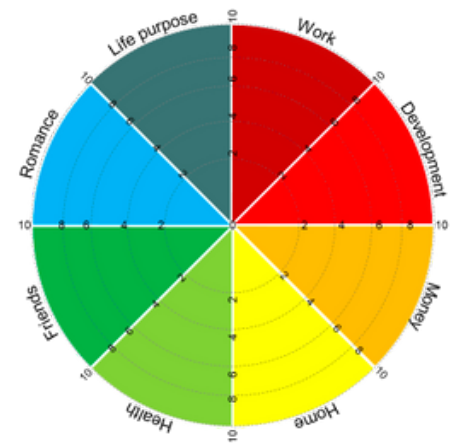


Using the Life Balance Wheel

ADAPTED MATERIAL FROM KUCERA: <https://thegeekyleader.com/2013/05/22/coaching-tools-life-balance-wheel/>

Why Use It?

This tool can be used for various purposes, but the basic one is to identify areas of the client's life where they feel low satisfaction. By using this tool you are trying to establish a balance in the client's life. Of course, the tool itself will not solve all the problems, but it can provide the initial insight into what needs to be done and when used regularly it can measure progress.



Steps to Follow

- Draw a Wheel – most commonly, a pie chart with eight pieces is used, but you and your client can be more creative and add more sectors as needed
- Identify significant areas of a client's life – the most common are:
 - Work/School – anything related to your work/school, peers, boss/teachers
 - Money – your income, but also your expenditures
 - Home – your family, free time and hobbies
 - Health – your physical and mental condition
 - Friends – your friends, past and present, social life
 - Romance – matters of the heart
 - Life Purpose/Spirituality – your mission in this life
- Go through individual areas and ask:
 - How satisfied are you with this part of your life?
 - Are the activities you do in this area fulfilling?
- Evaluate individual areas on a scale from 1 to 10 where 1 means "unsatisfied" and 10 means "completely satisfied."
 - Keep in mind we don't talk about the frequency of that particular event in your client's life but how satisfied they are with it.

- Connect the dots in the pie chart to show the areas of high and low satisfaction more visually
- Let the client reflect on the picture and ask:
 - What does this mean for you?
- Pick up an area to focus on by asking:
 - Where do you want to start?
 - What is the most important for you?
- It is important to realize and mention to the client that this is a complex system. Change in one area will most likely affect the other areas too. Ideally, find something that, when increased, will also increase satisfaction in several other areas.

Once a goal has been identified, here are some possible questions to ask:

- Think about this part of your life, how much energy are you prepared to put in? (1-10)
- What could you do to have more satisfaction and fulfillment in this area?
- What could stop you from making this work? How would you recognize/mitigate that?
- Who could help you make it work?
- Who could remind you, help to keep you on track?

Online auto generating wheel resource: <https://wheeloflife.noomii.com/>