

Name: Email:	Phone:		
and range of expression in these areas as a snapshot in time yourself for the success you have created and areas where on a scale from 1 (Highly Disagree) to 10 (Highly Agree), to	ne. As you worl e you may wan		knowledge
Career (1 of 9) 1 (Highly Disagree) to	10 (Highly Agree)	Health and Wellbeing (6 of 9) 1 (Highly Disagree) to 10	0 (Highly Agree
I love my work.		I approach my health in a proactive and generative way, rather than crisis management mode.	
I feel my talents and skills are well used in my work.		I am satisfied with my level of vitality and well being.	
I enjoy my work environment and the people with whom I work.		I have support systems and structures in place that allow me to	
I see opportunity for growth and development in my position.		easily maintain my health and well being.	
I feel like I have found my right livelihood.  Total	/50	I am conscious of my body and fitness level and take responsibility for my physical well-being.	
Fun and Recreation (2 of 9)  1 (Highly Disagree) to		I know what works for me to maintain my health and I consistently do it.	
I regularly take the time I need to experience play, adventure and leisure.		Total	/50
I know what activities renew me and bring me alive and I participate in them regularly.		Friends (7 of 9)  1 (Highly Disagree) to 10  I have a sufficient number of great friends.	0 (Highly Agree,
I create plenty of space in my life to relax and enjoy myself and		My friendships nourish and sustain me.	
others.  I create fun for myself and others.		I am a good friend and I make myself available to my friendships.	
Total	/40	I trust the relationships I have with my friends.	
Money and Finances (3 of 9) 1 (Highly Disagree) to	10 (Highly Agree)	I love and make the most of the time I spend with my friends.	
I have enough money to do the things I want to do and to accomplish the things that are important to me.		Total	/50
<u> </u>		Family (8 of 9) 1 (Highly Disagree) to 10	0 (Highly Agree,
I manage my money and financial affairs and records well.			
I manage my money and financial affairs and records well.  I am free from worry and anxiety about money.		I am satisfied with the level of contact I have with my family.  Nothing feels hidden or witheld in my relationships with family	

/40

### Physical Environment (4 of 9) 1 (Highly Disagree) to 10 (Highly Agree)

Total	/40
My wardrobe is a clear expression of who I am. I love being in the clothes I wear.	
The level of order in my surroundings is appropriate to my needs. (it serves me)	
I am surrounded by things that I love and have meaning to me.	
I feel nourished and supported by my home.	

# Personal Growth (5 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

**Total** 

Total	/40
I regularly engage in activities and learning that grow and expand me.	
I regularly experience living a life that I love and loving who I am becoming.	
I am engaged in the unfolding story of my life and approach each day as an adventure.	
I have a belief system that sustains me no matter what circumstances life throws at me.	

Total	/50
I know what works for me to maintain my health and I consistently do it.	
I am conscious of my body and fitness level and take responsibility for my physical well-being.	
I have support systems and structures in place that allow me to easily maintain my health and well being.	
I am satisfied with my level of vitality and well being.	
I approach my health in a proactive and generative way, rather than crisis management mode.	

Tota	al /50
I love and make the most of the time I spend with my friends.	
I trust the relationships I have with my friends.	
I am a good friend and I make myself available to my friendships.	
My friendships nourish and sustain me.	
I have a sufficient number of great friends.	
Tricitus (7 or 9)	to to (nighty Agree)

Total	/40
I have created the experience of family in my life, whether or not it is with my biological relatives.	
I am satisfied with the role I play and the level of contribution I have in my family.	
Nothing feels hidden or witheld in my relationships with family members.	
I am satisfied with the level of contact I have with my family.	

# Significant Other(9 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

I am open to creating an intimate loving relationship.	
I am free from past resentments or blame in the area of intimate relationships.	
I am willing to risk myself for the sake of intimacy.	
I create romance in my life.	
Total	/40

The Assessment Wheel was developed by the Coaches Training Institute.



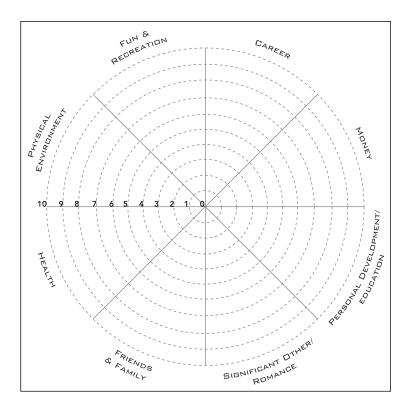
To get a snapshot of your life, transfer your total scores from page one to the summary Wheel of Life and find the % of the total for each area. Then take that percent and draw a line in the respective area on the Wheel. Look at your completed wheel. If your life is riding on this wheel, how bumpy is the ride? Answer the questions on the right to help you expand your satisfaction and balance.

What area on the wheel are you most wanting and willing to make a difference with?

### **Summary:**

Career	/50	=	%
Fun and Recreation	/40	=	%
Money and Finances	/40	=	%
Physical Environment	/40	=	%
Personal Growth	/40	=	%
Health and Wellbeing	/50	=	%
Friends	/50	=	%
Family	/40	=	%
Significant Other	/40	=	%

What is the current state of this area in your life?



What is missing or not working for you in this area?

What would you like to create in this area?

