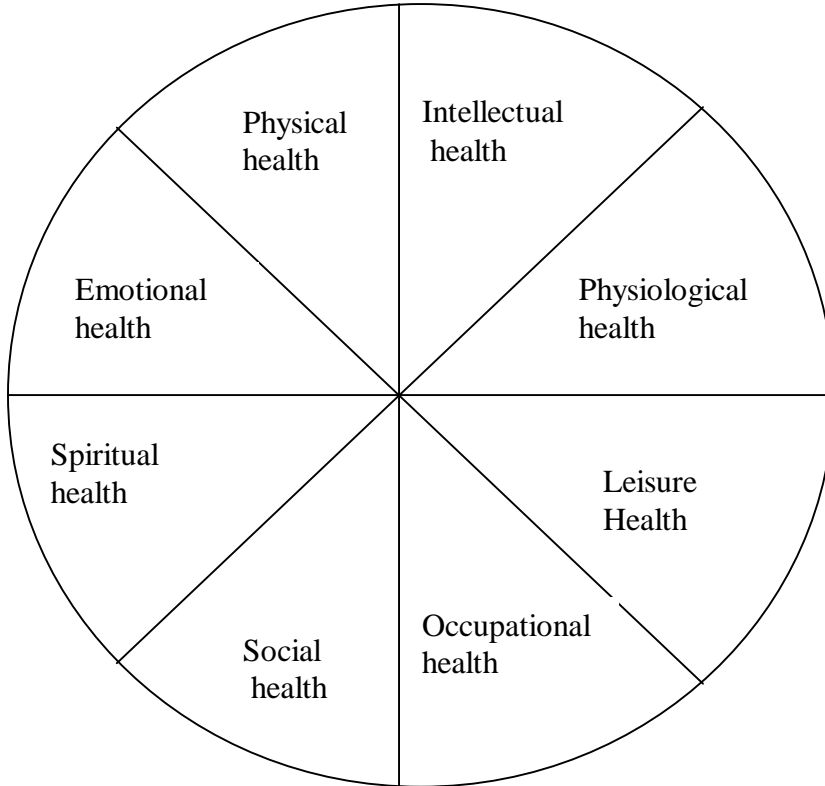


# Linda G. Robert

## The Solution Lady

Helping you find the solutions to connect to your life

### *Wellness wheel*



### *The Wellness Wheel Worksheet*

#### **Leisure**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Emotional**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Social**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Spiritual**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Physical**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Physiological**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Intellectual**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Occupational**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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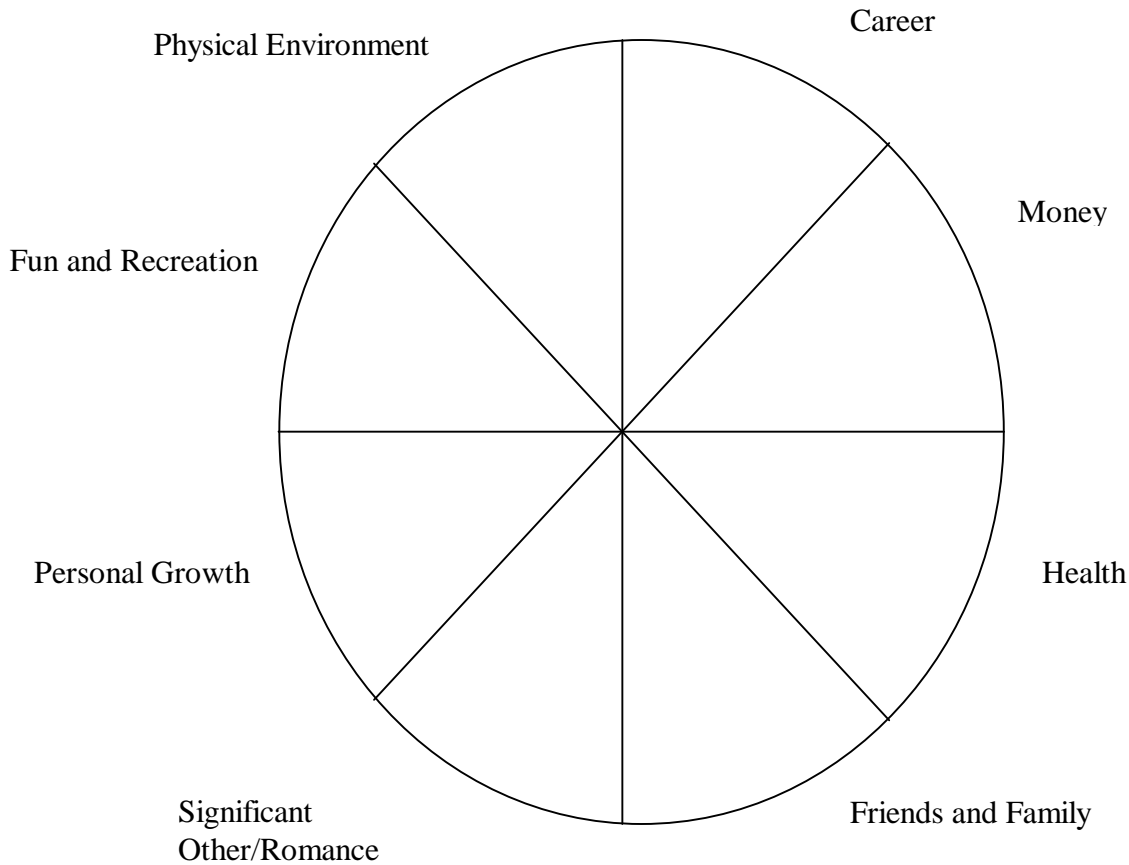
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# Linda G. Robert

## The Solution Lady

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### Life Balance Wheel



### Example

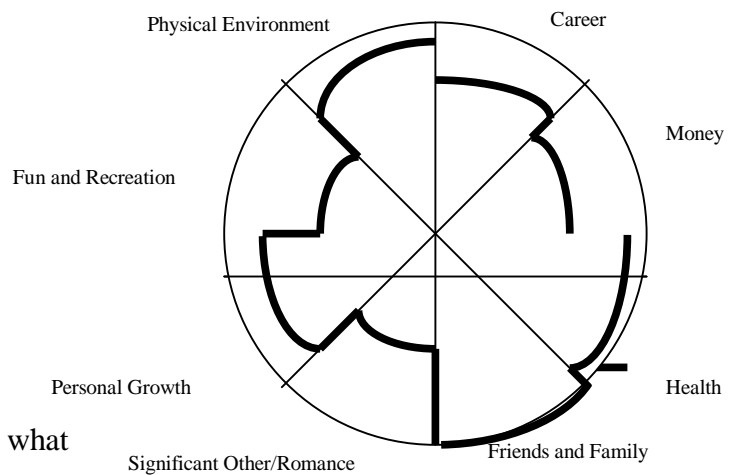
Directions: The eight sections in the Life Balance Wheel represent balance.

Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example).

The new perimeter of the circle represents your Life Balance Wheel. How bumpy would the ride be if this were a real wheel?

Now complete the worksheet and determine what your 10 would be.

Adapted from *Co-Active Coaching* by Laura Whitworth, Henry Kimsey-House, and Phil Sandahl, Davies-Black Publishing, , 1998



Linda G. Robert

The Solution Lady

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*The Life Balance Wheel Worksheet*

**Fun and Recreation**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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**Finance**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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**Personal Growth**

My score is \_\_\_\_\_ and this is the reason.

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Helping you find the solutions to connect to your life

In order to obtain a 10, I would have to

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### **Health**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Significant Other/Romance**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Friends and Family**

My score is \_\_\_\_\_ and this is the reason.

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## The Solution Lady

Helping you find the solutions to connect to your life

In order to obtain a 10, I would have to

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### **Physical environment**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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### **Career**

My score is \_\_\_\_\_ and this is the reason.

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In order to obtain a 10, I would have to

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