



BetterBalance Coaching Coaching Tool Kit

The BetterBalance Wheel

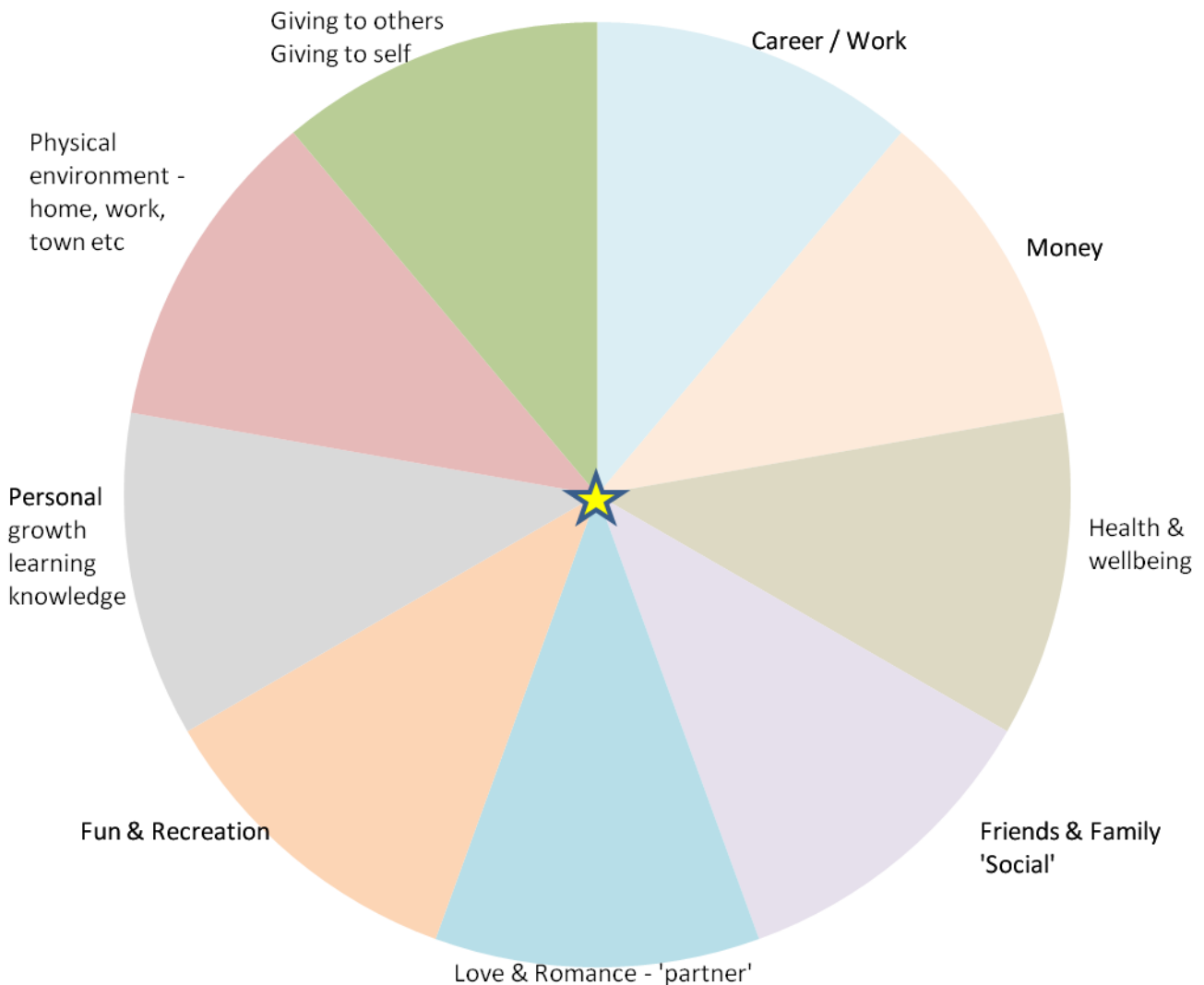


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The BetterBalance Wheel

In this exercise, you will be asked to evaluate your life in each of at least nine areas. Create a wheel that represents balance to you. You may subdivide any of the sections, i.e., Health and Wellbeing could be divided into physical and emotional, Money could be divided into cash flow and savings. For each of these areas, ask yourself, “How satisfied am I in this area of my life right now?” Give a number from one to ten to that level of satisfaction. One would be low; ten would be high. Notice two distinctions in the questions. “How satisfied am I...” This is a subjective assessment. It is not about how your family or colleagues or neighbours see you; it is not about success; it is about personal satisfaction. Also notice “right now”. This wheel is a snapshot. Scores will change weekly, daily – even hourly as circumstances change. Do not look for ultimate truth; just check in with how you feel in this moment.





Notes from my BetterBalance Wheel

What do you notice? What strikes you? Which segments of your wheel is your attention most drawn to and which stand out as offering the most important priorities for change?

