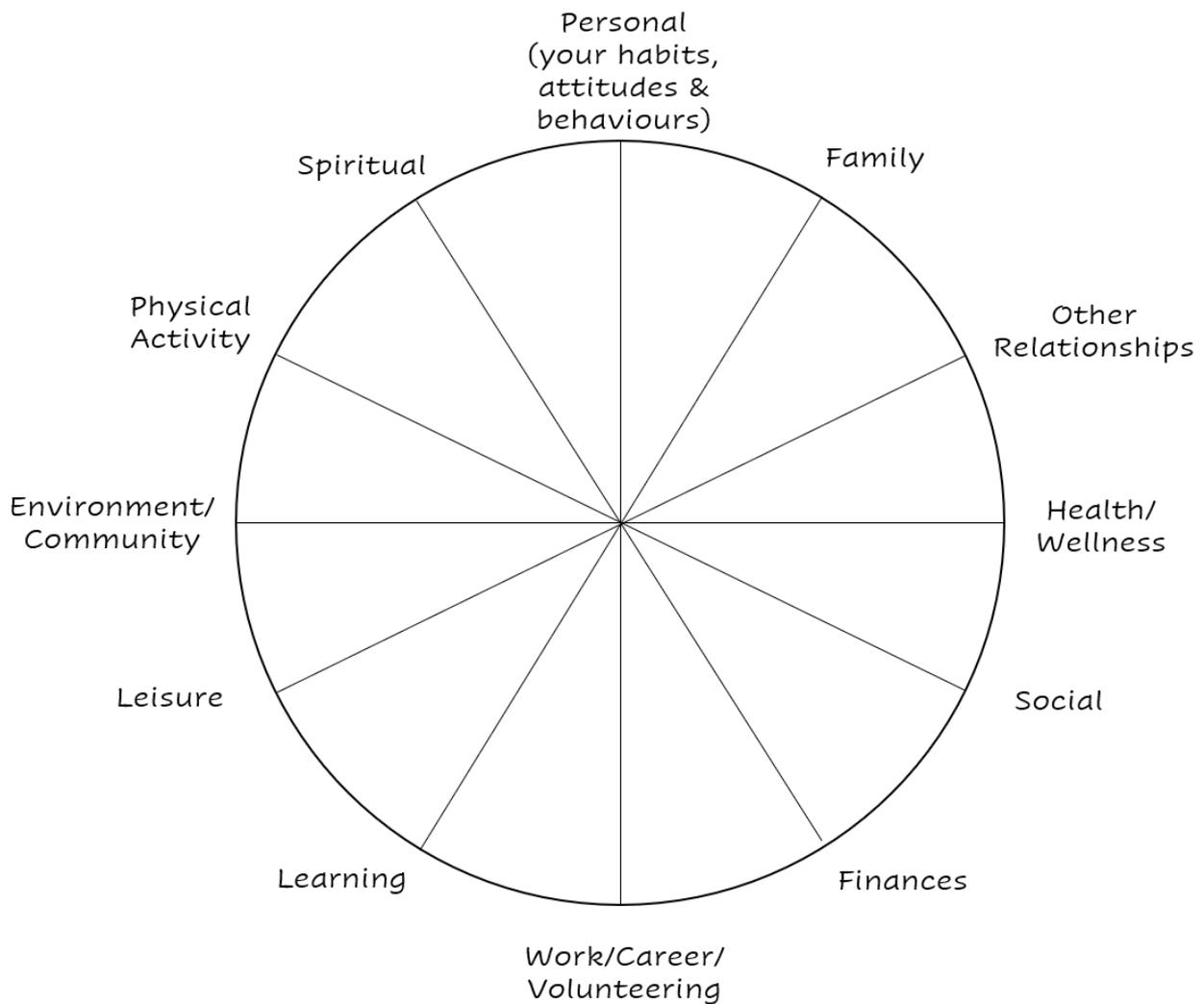


The Balance Wheel – a simple tool to start your coaching journey



How to use the Balance Wheel

For each spoke on the balance wheel, indicate with a cross your current level of satisfaction. - for example, 'Personal' – consider how satisfied are you with your current habits, attitudes and behaviours. Then place a cross anywhere on the spoke of the wheel for 'Personal' where it feels right for you. A cross on the centre of the wheel indicates you are not at all satisfied, and where the end of the spoke meets the circle, a cross here indicates you are fully satisfied.

If you are partly satisfied and think there are things that you can improve you can place your cross anywhere between the centre and the edge of the circle, according to your perceived level of satisfaction for each spoke. The closer your cross is to the edge of the circle the more satisfied you are in this area.

Once you have recorded your level of satisfaction for each spoke – the next thing is to draw a line connecting all the crosses around the wheel.

Notice the gap between the cross and the outer circle for each spoke and highlight this gap. Are there any gaps that you would like to develop? Are there any gaps that you have decided not to develop now?

You can choose which gaps you decide to develop.

Notice what your balance wheel is telling you and reflect.

Once you have completed your Balance Wheel why not take advantage of Shared Inspirations' offer of one hour of Coaching for free.

Review and refresh your life and aspirations with a qualified and experienced coach who believes in you!



A Completed Example

This is an illustration of what a completed Balance Wheel may look like. Your Balance Wheel will be completely individual to you and may change over time.

