

# Christina Rondeau Life Coaching

## *Life Balance Wheel*

The Life Balance Wheel is a powerful self-assessment tool that I use to see where you are in the different areas of your life which collectively make up the whole of your life. This helps you to quickly and visually identify the areas in your life to which you want to devote more time to and where you are doing great.

In each heading, rate on a scale from 1 (not satisfied) to 10 (very satisfied) your level of satisfaction. Please shade each section for the visual experience. Add or subtract as many sections as you want to suit your life.

