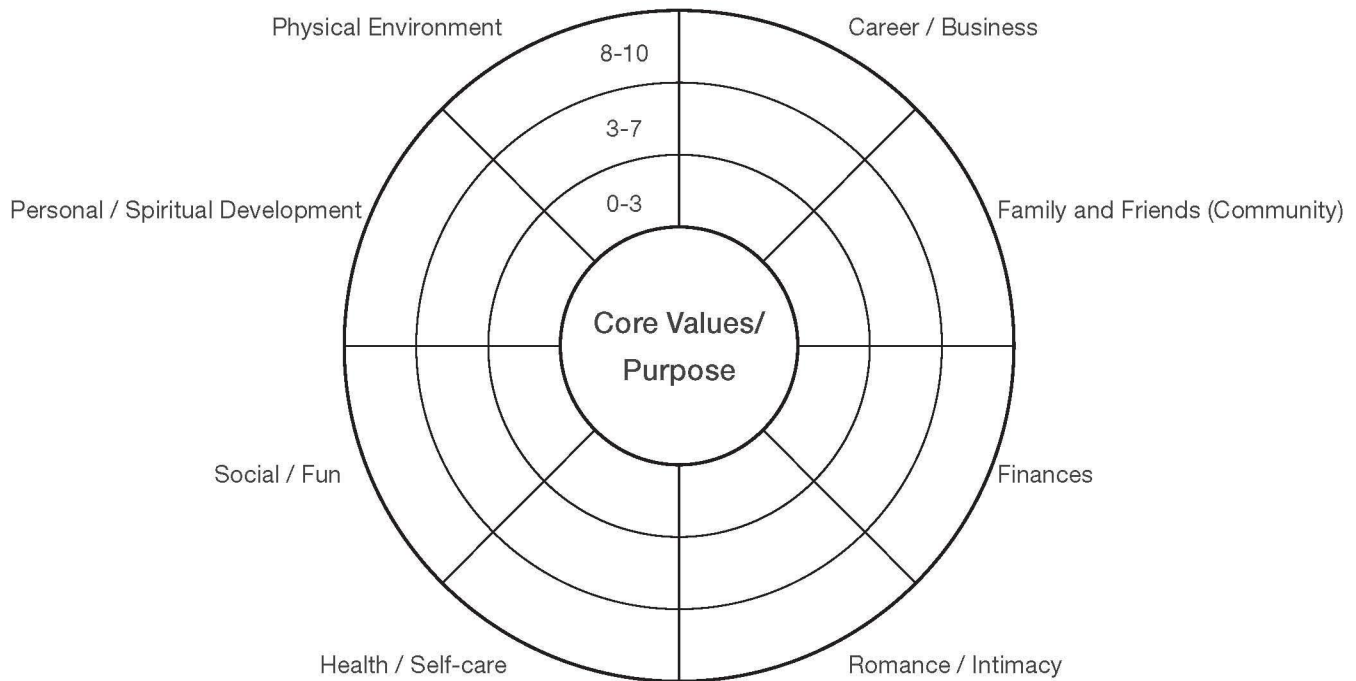




## Life Balance Wheel (Coaching Mandala)



The hub represents your core values—each area interrelated in an ideal life.

Give yourself a score (1-10) and shade or color in the space accordingly.

Use this Coaching Mandala as a way to assess the level of life satisfaction in each area.

You may score it numerically to measure the improvement desired, or you may use it to have a coaching conversation about gaps between where you are now and where you would like to be.