

# Life Balance Assessment Form

**Purpose:** This self-reflective assessment is designed to give you a visual representation of where you are currently in your life. The wheel of life assessment is a tool to give you an overview of the areas of your life that you are doing really well in as well as those areas that might be lacking.

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**Instructions**

**Purpose:** This is a very powerful assessment that can be administered by a coach or be used as a self-assessment to determine how balanced your life is currently. This assessment provides an excellent visual analysis of the areas in an individual's life that are strong and weak.

**Directions:** Assess your level for each component of the wheel of life from 0 to 10 and shade in those sections with your corresponding grade. Use the assessment key to help you choose the best grade. Remember that honesty counts, so be true to yourself.

**Interpreting Results:** After shading in each section, look at your resulting wheel and ask yourself how well it would roll on the ground. Is your wheel balanced enough to roll smoothly, or is it uneven enough to ensure a bumpy ride?

**Assessment Key**

- 0 = I experience none of this value
- 1 = Next to nothing
- 2 = Very much lacking in my life
- 3 = Only a little bit
- 4 = Could use more, but getting by
- 5 = Neutral, neither good nor bad
- 6 = Adequate amount in my life
- 7 = I'm content with what I have
- 8 = I'm more than content
- 9 = Generous abundance in my life
- 10 = It can't get any better than this

