

# New Panoramas Coaching



## Life Balance Wheel

**The point of this is to give a visual representation of your life balance.**

Firstly, plot with an X where you rate these areas of your life to be now on a 1 to 10 scale (1 being very poor, 10 being fantastic). Join the X's up to form a shape. Is it a round circle or an irregular shape?

Next, plot with an X on a 1 to 10 scale where you would like these areas of your life to be in 6 months' time. Join the X's up with a different colour.

Where are the biggest gaps between now and where you want to be?

- .
- .
- .

Imagine if the shape was a round wheel. How easily would a wheel roll, compared to the shape you have drawn?

If the shape was a wheel, then the bigger the wheel, the more distance it could cover when it rolls. The wheel will of course be bigger when the rating numbers are higher.

What actions have you identified that you need to take?

- .
- .
- .

