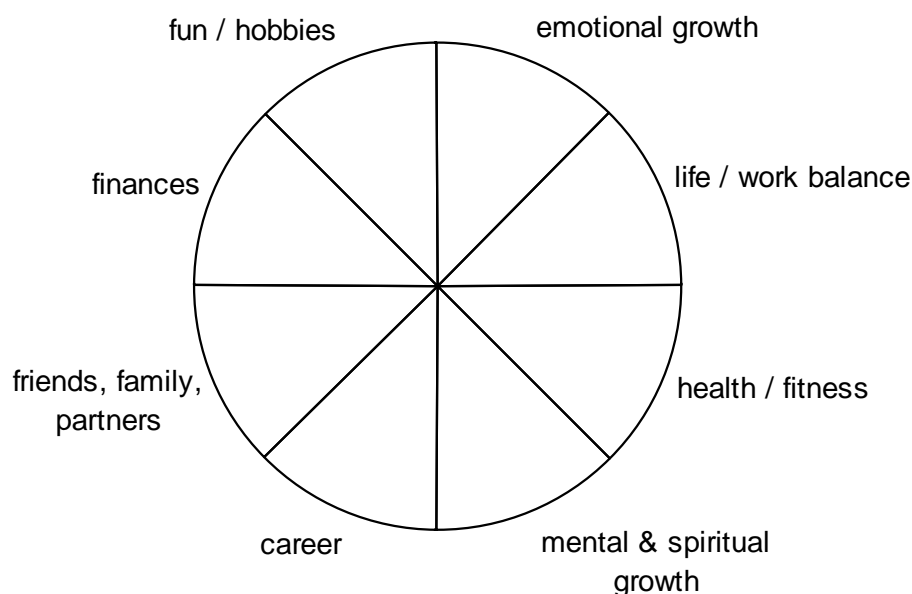
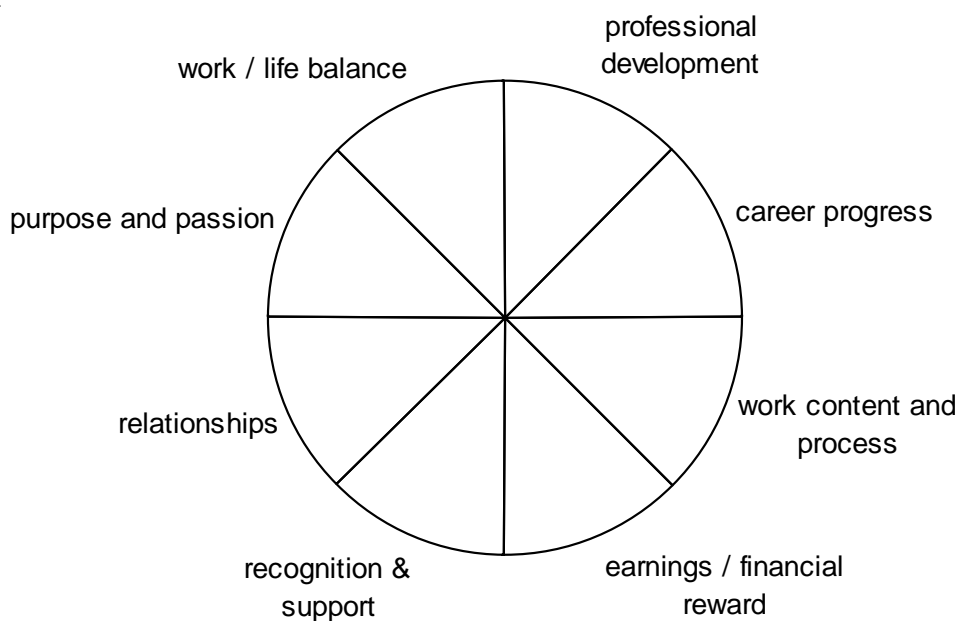


Life Balance profile



Work profile



On these wheels, mark across the segment how satisfied you feel with that area of your life or work. Rate on a scale of 0-10, where 0 (at the centre) is very dissatisfied and 10 (at the outer edge) is fully satisfied. This helps you get an overview of how much balance or imbalance you have between different areas and which areas you may want to work on first. "mental and spiritual growth" may also include personal development, sense of purpose, and awareness of personal values and beliefs.

Ask yourself:

1. What is already happening that makes this score "n" and not 0? What did I do to get this far?
2. What would "n+1" look like? When does this already happen for me, even if only a little bit?
3. What one thing could I do that would take me closer to "n+1"?
4. What does 10/10 look like? or feel like? or sound like?