

Name:	Email:		Phone:	
This Assessment contains and range of expression in yourself for the success yo	s 9 areas that, together, represer these areas as a snapshot in tim	e. As you wor you may war	describing a whole life. This exercise measures your level of s k through this assessment you will find areas where you can ac to improve your level of satisfaction. Rank each of the statem	knowledge
Career (1 of 9)	1 (Highly Disagree) to	10 (Highly Agree)	Health and Wellbeing (6 of 9) 1 (Highly Disagree) to 1	0 (Highly Agree
I love my work.			I approach my health in a proactive and generative way, rather than crisis management mode.	
I feel my talents and skills are well used in my work.			I am satisfied with my level of vitality and well being.	
, , ,	t and the people with whom I work.		I have support systems and structures in place that allow me to	
I see opportunity for growth and development in my position.			easily maintain my health and well being.	
I feel like I have found my rig	ght livelihood.	/50	I am conscious of my body and fitness level and take responsibility for my physical well-being.	
Fun and Recreation			I know what works for me to maintain my health and I consistently do it.	
I regularly take the time I need to experience play, adventure and leisure.			Total	/50
I know what activities renew me and bring me alive and I participate in them regularly.			Friends (7 of 9) 1 (Highly Disagree) to 1	0 (Highly Agree,
			I have a sufficient number of great friends.	
I create plenty of space in my life to relax and enjoy myself and others. I create fun for myself and others.			My friendships nourish and sustain me.	
			I am a good friend and I make myself available to my friendships.	
	Total	/40	I trust the relationships I have with my friends.	
Money and Finances	s (3 of 9) 1 (Highly Disagree) to	10 (Highly Agree)	I love and make the most of the time I spend with my friends.	
I have enough money to do the things I want to do and to accomplish the things that are important to me.			Total	/50
I manage my money and fina	ancial affairs and records well.		Family (8 of 9) 1 (Highly Disagree) to 1	0 (Highly Agree,
I am free from worry and anxiety about money.			I am satisfied with the level of contact I have with my family.	
My financial future feels robust and sustainable.			Nothing feels hidden or witheld in my relationships with family members	

Total

1 (Highly Disagree) to 10 (Highly Agree)

/40

not it is with my biological relatives.

Significant Other(9 of 9)

have in my family.

1 (Highly Disagree) to 10 (Highly Agree)

Total

/40

I am open to creating an intimate loving relationship.	
I am free from past resentments or blame in the area of intimate relationships.	
I am willing to risk myself for the sake of intimacy.	
I create romance in my life.	
Total	/40

I am satisfied with the role I play and the level of contribution I

I have created the experience of family in my life, whether or

The Assessment Wheel was developed by the Coaches Training Institute.

Total	/40
Personal Growth (5 of 9) 1 (Highly Disagree) to 10) (Highly Agree
I have a belief system that sustains me no matter what circumstances life throws at me.	
I am engaged in the unfolding story of my life and approach each day as an adventure.	
I regularly experience living a life that I love and loving who I am becoming.	
I regularly engage in activities and learning that grow and expand me.	
Total	/40

Physical Environment (4 of 9)

needs. (it serves me)

the clothes I wear.

I feel nourished and supported by my home.

I am surrounded by things that I love and have meaning to me.

My wardrobe is a clear expression of who I am. I love being in

The level of order in my surroundings is appropriate to my



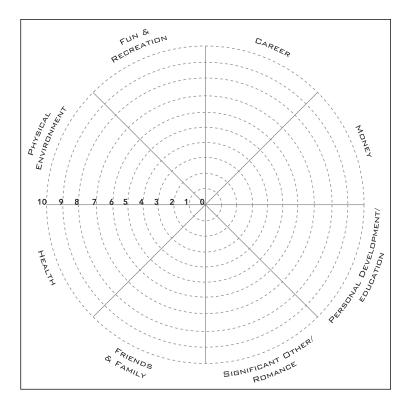
To get a snapshot of your life, transfer your total scores from page one to the summary Wheel of Life and find the % of the total for each area. Then take that percent and draw a line in the respective area on the Wheel. Look at your completed wheel. If your life is riding on this wheel, how bumpy is the ride? Answer the questions on the right to help you expand your satisfaction and balance.

What area on the wheel are you most wanting and willing to make a difference with?

Summary:

Career	/50	=	%
Fun and Recreation	/40	=	%
Money and Finances	/40	=	%
Physical Environment	/40	=	%
Personal Growth	/40	=	%
Health and Wellbeing	/50	=	%
Friends	/50	=	%
Family	/40	=	%
Significant Other	/40	=	%

What is the current state of this area in your life?



What is missing or not working for you in this area?

What would you like to create in this area?

