



Free Life Balance Assignment

Take a moment and complete the coaching wheel exercise below and ask yourself honestly how you are doing in each of these life areas; rank yourself with the center being 0 to the outer edge a perfect 10. A balanced wheel will have high scores all the way around, but some low scores can make life's path feel rather bumpy. Take a moment and think about where you need to make adjustments in your life.

This is a useful tool to assess where you are, and where you would like to be. I often tell a client that if they rate their job a 2, they can think about "what would a 10 look like." Sometimes just by imagining how you would like things to be gives you the motivation to make changes in your life. While there are inevitable hurdles that come with military life, you deserve to take the time to get your wheel in balance!

It is easy to put your goals on hold, but hiring a coach keeps you on track and properly supported, and helps you reach your goals much more quickly! Chances are that if you are a military spouse, you will feel more comfortable working with me because I am also a military spouse, but the nice thing is that I am not affiliated with the armed services, so our conversations remain 100% confidential.

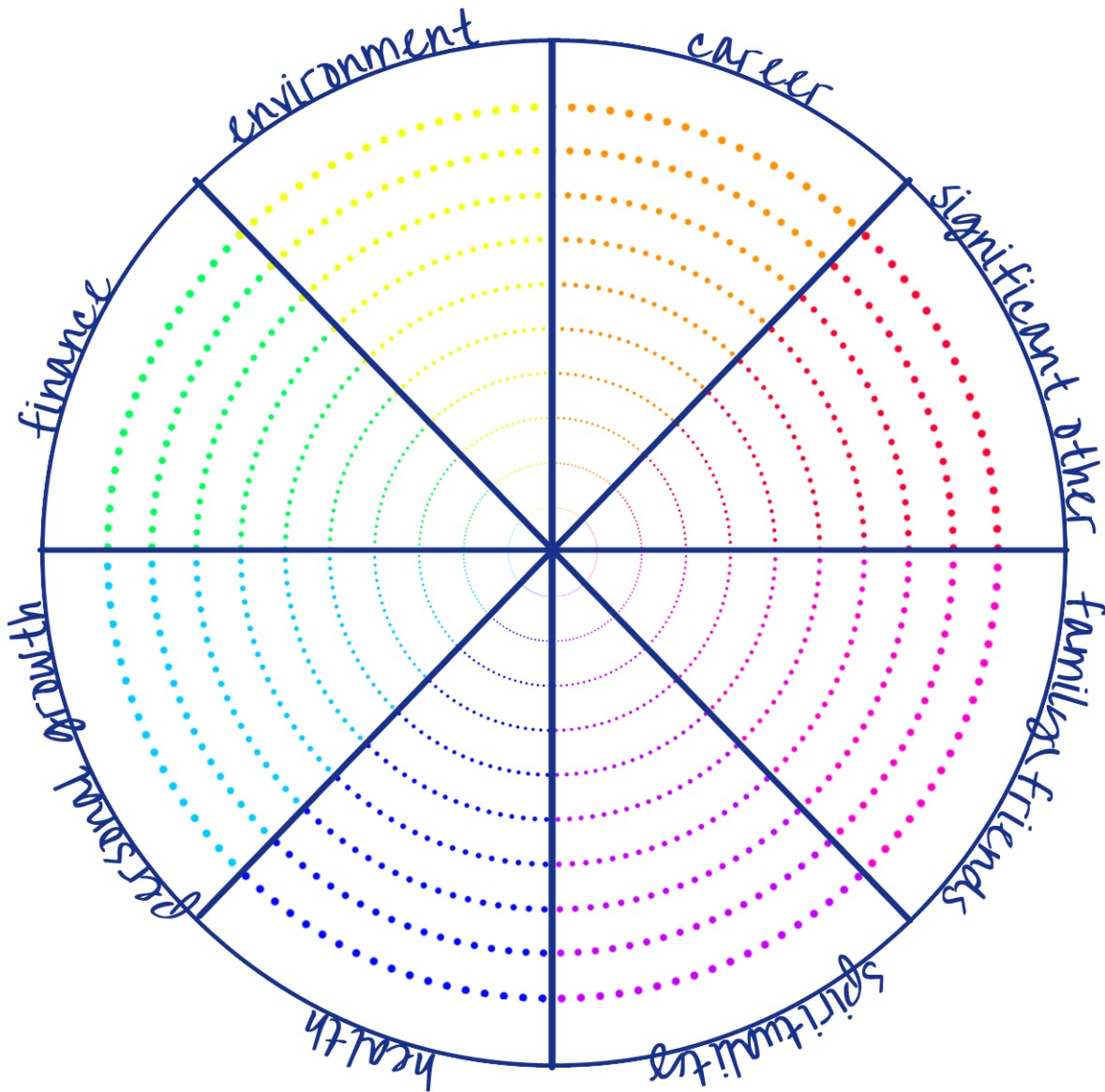
I want you to live the life you imagined in every aspect. So please call me or email me your personal story and we can discuss how personal coaching can make a big difference in your personal and professional life. I offer a free 45-minute session to clients who have completed this life wheel and would like to debrief it as a first step to hiring me as their personal coach.

Enjoy the exercise,

Krista



Eight sections of the Wheel represent life balance. Using the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area by drawing a line within that section. The new perimeter of the circle will represent your Wheel of Life. Is it a smooth or bumpy ride?





Describe what a perfect 10 would look and feel like?

Career/Parenting/Volunteer Work:

Money:

Health:

Friends and Family:

Romance:

Personal Growth:

Fun and Recreation:

Physical Environment:

What are four small action steps that you can take over the next two months to move you closer to a balanced life?

- 1.
- 2.
- 3.
- 4.

Please e-mail your success stories to krista@militaryspousecoach.com!