

Holistic Business Coaching

Life Coach Associates - WHEEL OF LIFE QUESTIONNAIRE®

Name: _____

Phone Number: _____

Email: _____

Tick each box where you can answer yes to the question. As much as possible give a yes or no answer so that they can be scored. Score your self out of 10 for each section. Then mark your score on the accompanying diagram along the line for each area. Join the dots and get a graphic overview of the balance of your life. Those areas that are weakest may need some attention.

Physical and Health

Score /10

- My body weight is in proportion to my height and frame.
- I ensure that I get adequate regular physical exercise.
- I get adequate sleep and wake refreshed.
- I am free of habits that endanger my health.
- I have good general health.
- I regularly honour my body in some special way.
- I am aware of my physical needs and meet them.
- My work environment is easy and relaxing to be in.
- I enjoy time in nature and harmonious environments.
- My diet is balanced and healthy with adequate fresh food.

Family and Home

Score /10

- I have open and honest communication with all members of my family.
- I have a partner/spouse with whom I have a stable healthy relationship.
- I regularly spend quality time with each family member.
- My family feel they can come to me with any problems and vice versa.
- My partner and I regularly plan time together.
- My relationship with my partner is mutually supportive.
- I enjoy a good level of intimacy with my partner.
- My home environment is peaceful and harmonious.
- I look forward to coming home after work.
- I have a garden that I regularly tend.

Career and Financial

Score /10

- I have specific plans for the development of my career.
- I am happy and passionate about my work.
- I enjoy a good work / life balance.
- I effectively manage work related stress.
- My career allows me to fulfill my creative talents and abilities.
- My income allows me to live the life I want.
- Generally, I live within my income.
- I have an active plan for financial growth.
- I use credit responsibly.
- I behave financially ethically.

Mental and Educational**Score /10**

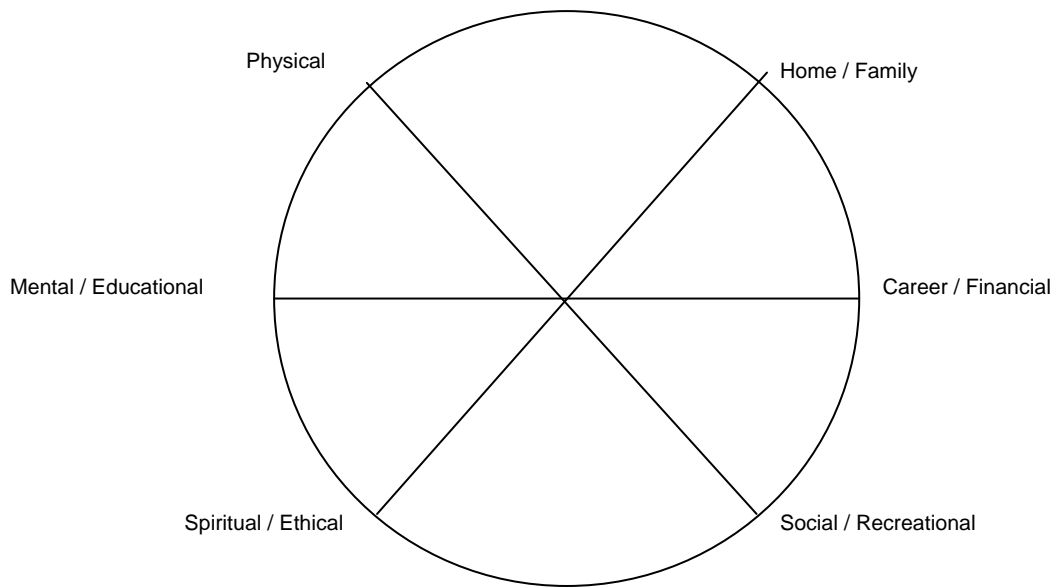
- Generally I have a positive attitude.
- I am aware of my strengths and weaknesses.
- I can adapt my emotional state when appropriate.
- I am committed to my own mental / emotional fitness.
- I enjoy a wide range of interests and activities.
- I am actively involved in some study that will advance my goals.
- I am inquisitive and regularly learn new things.
- I read literature that is informative and broadens my horizons.
- I am aware of the most recent trends that are applicable to my life.
- My education level supports my in attaining my personal goals.

Social and Recreation**Score /10**

- I have a strong varied network of friends.
- As a whole, people trust me and value my opinion.
- I find it easy to relax and enjoy myself in company.
- I find it easy to relate to members of both sexes.
- I enjoy a range of interests that keep me healthy and energised.
- I have adequate time off work to pursue my interests.
- I participate in the social and cultural life of my community.
- I have boundaries with my friends where we all feel respected.
- I have friends I can call on when I need help
- I find it easy to relate to people from different ethnic or socio-economic backgrounds.

Spiritual and Ethical**Score /10**

- I live my life in integrity according to a clear set of values.
- I treat others as I want to be treated.
- I have a strong sense of purpose in life.
- I nurture my spiritual beliefs and allow others to do the same.
- I live with a clear conscience.
- I feel that I belong to life and that Life supports me.
- I regularly engage in some activity that connects me to my source.
- I read inspirational literature regularly.
- My beliefs about Life are able to support me during tough times.
- I associate with people who help me to live according to my spiritual beliefs and values



The outer rim of the wheel represents 10/10, the inner spoke is 0/10.