



The Work Smart Wellness Coach

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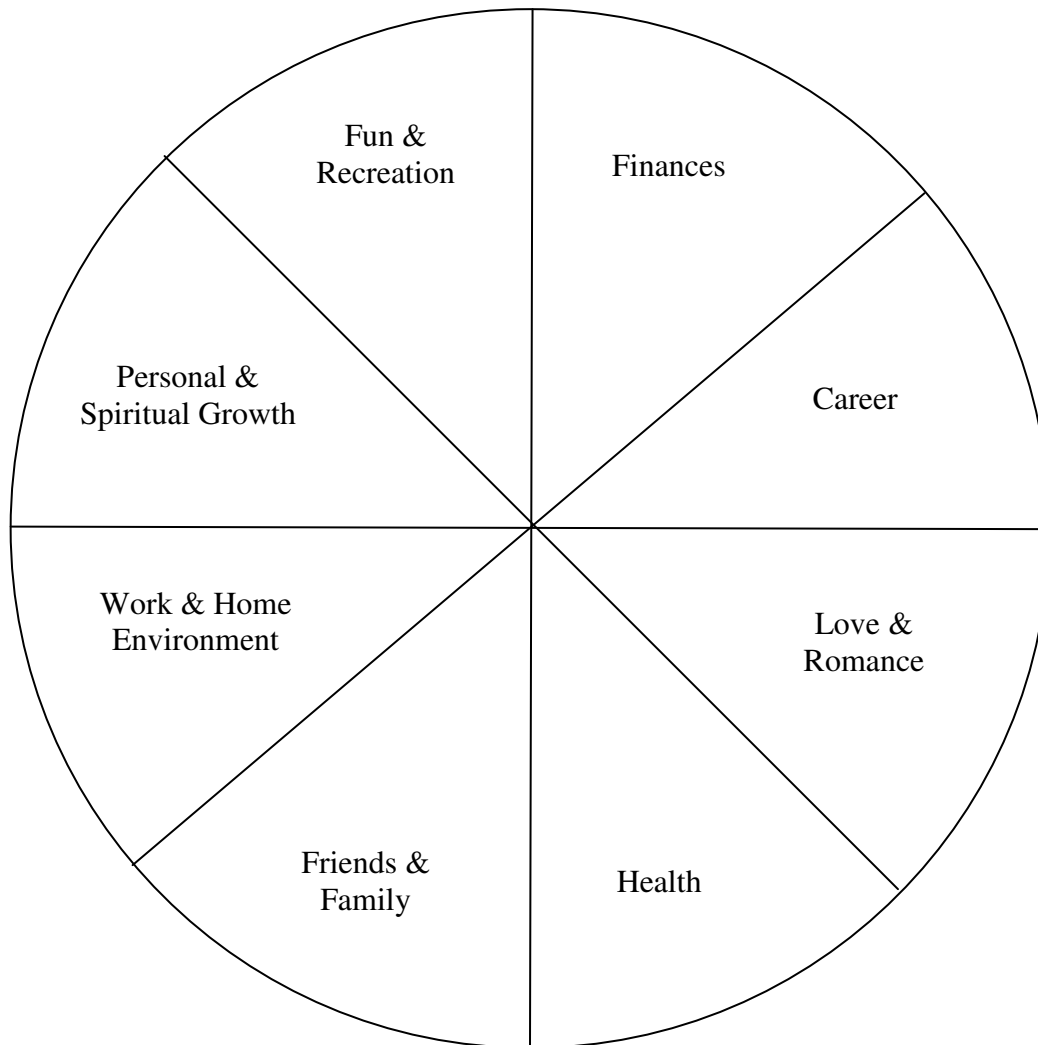
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Life Balance Wheel



1. Assign categories: They can include: 1) Finances, 2) Career 3) Love & Romance, 4) Health 5) Friends & Family 6) Environment 7) Personal & Spiritual Growth 8) Fun & Recreation, you can also subdivide and make new categories, such as Creativity
2. Rate each area with your level of satisfaction on a scale of 1-10
3. For each area that is below a 10, ask yourself, What would make it a 10?
4. Pick your top 3 areas to focus on and develop your action plan!