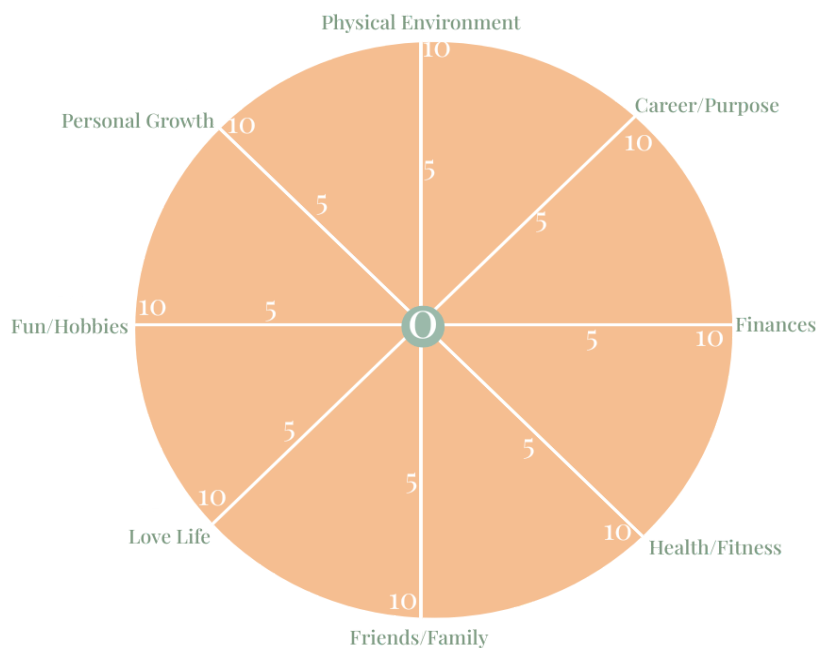


## Wheel of Life Assessment Exercise

With the pace of modern life, it's easy to lose balance. One area often takes centre stage — a demanding career, a new relationship, caring for family — and before long, the other parts of life start to slip quietly into the background.

When we focus too much on one area and neglect others, we create imbalance. Over time, that imbalance can show up as stress, exhaustion, disconnection, or even physical illness.

Life Coaching can be incredibly effective in identifying where those imbalances lie and helping you make small, positive changes that lead to a healthier, more fulfilling, and more harmonious life.



To begin, take a moment to reflect on the **eight key areas of your life** represented in the *Wheel of Life* here. Rate your level of satisfaction in each area — with **0 at the centre** (completely dissatisfied) and **10 at the outer edge** (completely satisfied).

This simple exercise gives you a clear visual snapshot of where your life feels balanced — and where it may need a little more attention.

Clarity starts here. Take what you've discovered and turn insight into action.

[Book a Free Exploratory Chat](#) with me to explore whether *Transition Coaching* is the right path for you.