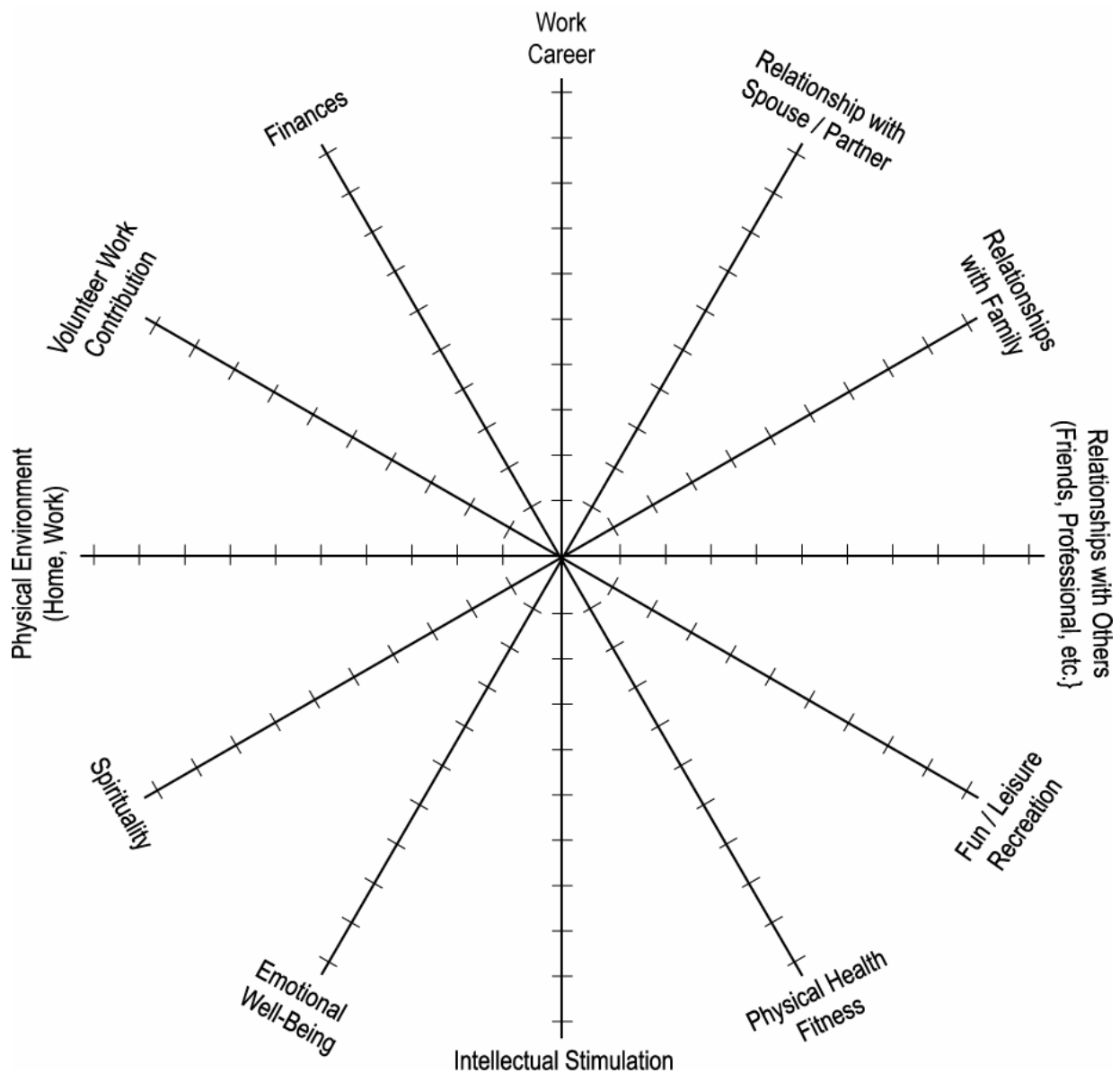




Professional Certified Coach

The Life Balance Wheel

Instructions: Plot your current level of fulfillment and happiness (as you define it) in each aspect of your life on the *Life Balance Wheel*. The center point represents "0" meaning you are not satisfied at all. The outer point represents "10" which means you couldn't be happier, more fulfilled or satisfied. If there is a particular aspect that is not important to you, go ahead and plot the point at "10". After plotting the points, connect them. When you are finished connecting the dots proceed to the directions on the next page.



By connecting the dots, you now have a visual representation of what your life looks like. If your life were in balance the dots would form a circle which would indicate having a smooth ride through life. Take a look at your diagram and see what shape you made by connecting the dots. Do you have a smooth ride, or does it look like you have a flat tire in some areas? Whatever it looks like, please do not judge it. It is neither good nor bad; it just is what it is! By lovingly accepting where you are in your life, you now have the opportunity to change it. Here are a few steps you can take:

Step One: Notice which aspects of your life have the biggest gaps between where you are and where you want to be. Choose up to three of those aspects where you would like to focus and make a heartfelt commitment to doing what it takes to manifest what you want.

Step Two: Focusing on each aspect one at a time, ask yourself the following questions, and write down the answers.

- What do I want this aspect of my life to look like?
- If I could wave a magic wand over this aspect of my life and transform it overnight, this is what I would see...
- What would have to be different in this aspect of my life in order to create the happiness I am looking for?
- What stands in the way of me getting what I want (a situation, another person, myself, etc.)

Step Three: Once you have identified what you want, set a goal or an intention to create it. (For more information on setting intentions and manifesting what you want, see my article *Manifesting Law #2 – Conscious Creation* which can be found on the resource page of my website www.chrislucerne.com.)

Step Four: Begin taking small steps toward your intention. Appreciate yourself all along the path and celebrate your progress.

You CAN have what you want! By taking these steps you will be on your way to manifesting the life you would most like to have. Should you find that you want additional support along the way, I would welcome a conversation with you to explore coaching and how I might be of service to you.

Congratulations and best wishes for creating a life that you love!

Warm regards,

Chris Lucerne, PCC