

EXERCISE

Using the Balance Wheel for Assessment

Eight-part wheels have been used in numerous traditions for centuries. We divide the year into solstices and equinoxes, into four, and if we add the cross quarter days, like May day and Halloween, we have eight segments in a year. In Buddhism the eightfold path is often represented as a wheel.

In the early 1990s and later in their book *Co-Active Coaching* (1998, Whitworth et al) the coach/authors describe their model as the wheel of life, or the balance wheel. Their segments are: Career, Money, Health, Friends and Family, Significant Other/ Romance, Personal Growth, Fun and Recreation, and Physical Environment.

The wheel is widely used by coaches in many ways. It's visual. It's simple. It's versatile.

Any one segment can be broken into parts making another wheel. Health could include food, exercise, sleep, stress, practices, mental stimulation, connection, etc. A wheel for a work project could describe tasks and responsibilities.

Different words can make the wheel more precise for you. Over years students have added segments for other dimensions of their lives, like a spiritual segment, a mission or vision segment, and a service segment.

Feel free to use the eight Co-Active segments, or have assessed, you score each section one to ten, where one is devastatingly bad and ten is ecstasy, nirvana, impossible to imagine better.

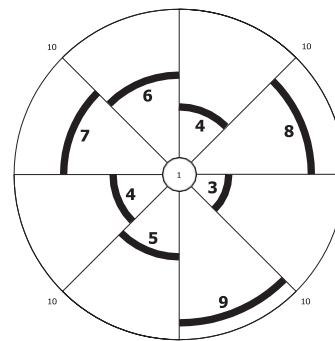
And yes, in case you were going to ask, a lot of people can only score any segment, however idyllic it is, at nine and a half. That's fine too.

The question you ask to score each segment is, "How satisfied am I right now in this area of my life?"

Notice two things about the question:

1. It asks how satisfied am I, not how satisfied are my parents or friends or colleagues. Your opinion is the only one we're asking for.
2. It asks you to check right now, take a snapshot. Don't look for enduring or ultimate truth; these numbers change and evolve, sometimes in a minute.

Want to know more? Search Coaching Balance Wheel, select an image search, and you will find pages of examples in pretty colors. Pretty colors are fun. Crayons are good. Let yourself be in kindergarten with this (and with any coaching tool.)



TEMPLATE

Balance Wheel

