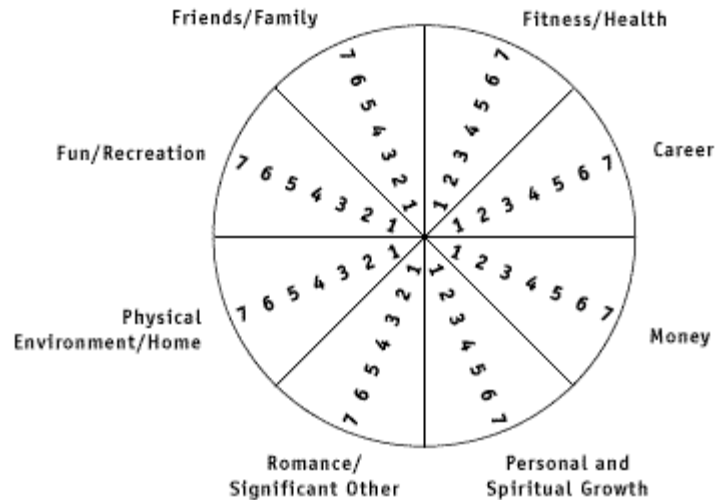


## Life Balance Wheel

Could coaching benefit you? Take this test to find out!



Scale: 7 = Completely Satisfied; 1 = Completely Dissatisfied

1. Print this page.
2. Choose the number that best represents your current level of satisfaction in each area.
3. Draw a new outer edge for each section, according to your rating.

You'll get a snapshot of your perception of your life at this moment - an indication of how happy and satisfied you're feeling. If this was a wheel on your car, how smooth or bumpy would your ride be?

Balance is not a destination that you finally get to. Balance is being at choice. It's about choosing to do or not to do something in an area of your life to satisfy your personal needs in that particular area.

MotivatedMinds will help you define 'your ideal' for each area of your life and develop sustainable new behaviours that bring you balance, purpose and fulfillment.

## Work Performance Wheel

Can coaching help you in your career? Take this test to find out!



Scale: 7 = Completely Satisfied; 1 = Completely Dissatisfied

1. Print this page.
2. Choose the number that best represents your current level of satisfaction in each area.
3. Draw a new outer edge for each section, according to your rating.

This will help you identify development opportunities.

MotivatedMinds has a track record of helping executives like you succeed - on your own terms. Using insightful assessments that highlight your strengths, we help you define and perfect them to achieve your boldest goals.