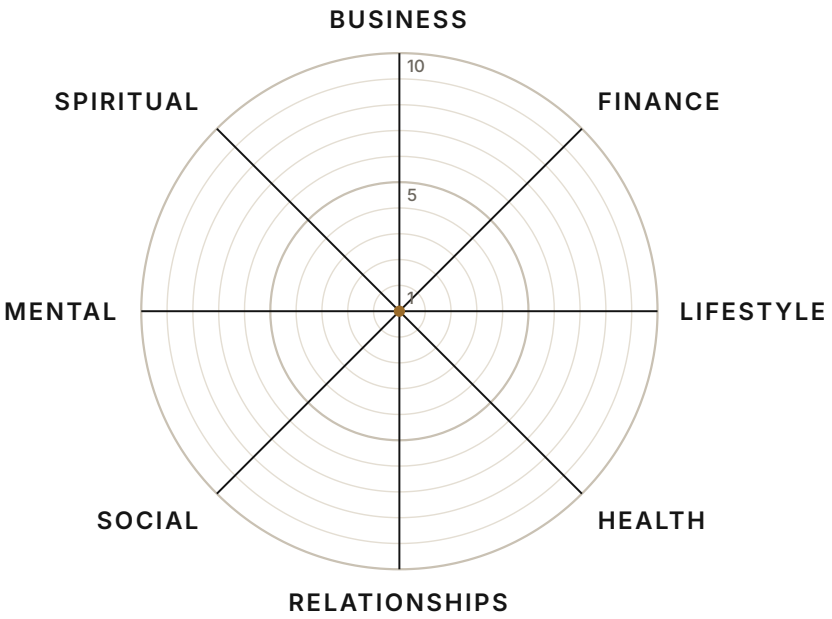
THE BALANCE WHEEL · QUICK VERSION

Rate your life in 8 numbers.

For each area of your life, write a score from 1 to 10. There are no wrong answers and no negative scores. The only requirement is honesty with yourself. No one else will see your answers.

Business job, career	_____	**Relationships**	_____
Finance	_____	**Social**	_____
Lifestyle	_____	**Mental**	_____
Health	_____	**Spiritual**	_____

Draw your wheel



Transfer each score to the chart. Start at the center and mark the point for each area, then connect the points.

If there are significant deviations or flat spots, you'll better understand why your life may not be turning as smoothly as you'd like.

Date: _____ / _____ / _____

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Quick version of the Balance Wheel Test.
The full test (80 questions) is in *Self-Coaching Blueprint*, pp. 49–59.

STEP 2 · CHOOSE YOUR AREA

Don't fix everything. Pick one.

Three patterns to determine the area of change for yourself:

PATTERN 1 · BALANCE

Which field has the lowest score, and do you feel the most motivated to improve it?

PATTERN 2 · INTENTION

In the next 40 days, which area would you like to dedicate your time and effort to?

PATTERN 3 · AGGRESSION

Among all the fields, which one is most crucial for you to improve right now?

My chosen field:

STEP 3 · SEVEN NIGHTS

Two questions before bed.

1. What score would I give myself today on a scale of 1 to 10? 2. How can I get a better score tomorrow? Identify small, actionable steps to perform better tomorrow than you did today.

NIGHT	SCORE /10	ONE SMALL STEP FOR TOMORROW
1		
2		
3		
4		
5		
6		
7		