



Self-Discovery Worksheet: My Life Circle

The Life Circle below is broken up into individual segments. They are intricately connected as they make up the whole of the circle of your life. There are many important segments of our lives that contribute to the whole. When any of those segments fail to grow into their fullness, it effects the overall balance of your life circle.

Use this circle chart to measure your sense of satisfaction with each life segment. On a scale of 1-10, 1 being totally unsatisfied and at the center of the circle and 10 being absolutely satisfied at the outermost part of the circle, rate each segment with a dot on the line of the corresponding segment (use the line to the right of each). Once you have finished placing your dots on the lines, draw a line to connect the dots.



Now what does your Circle of Life look like? Is it small and in need of growth and nourishment? Is it bursting at the seams? If it were a wheel, would it roll smoothly? This can be an effective illustration to point out how deficits in one area can negatively affect all the others. Bringing balance and fullness to your Life Circle is what we hope to achieve in the coaching process. Identify your areas of need and bring them each up to speed together to bring balance to your life.