



## The well-being assessment

Congratulations to you for having taken the first steps toward a healthier, happier, more balanced version of yourself!

I would like to introduce you to a very simple yet highly effective tool we use at any initial coaching session, the wheel of life.

The exercise aims at bringing visibility, not to say awareness, to your current state of being by looking at your life through all the different aspects which compose your life.

Most of time, we are so busy, and our mind is always full on, that we have the tendency to loose sight of the bigger picture, of ourselves, and our lives.

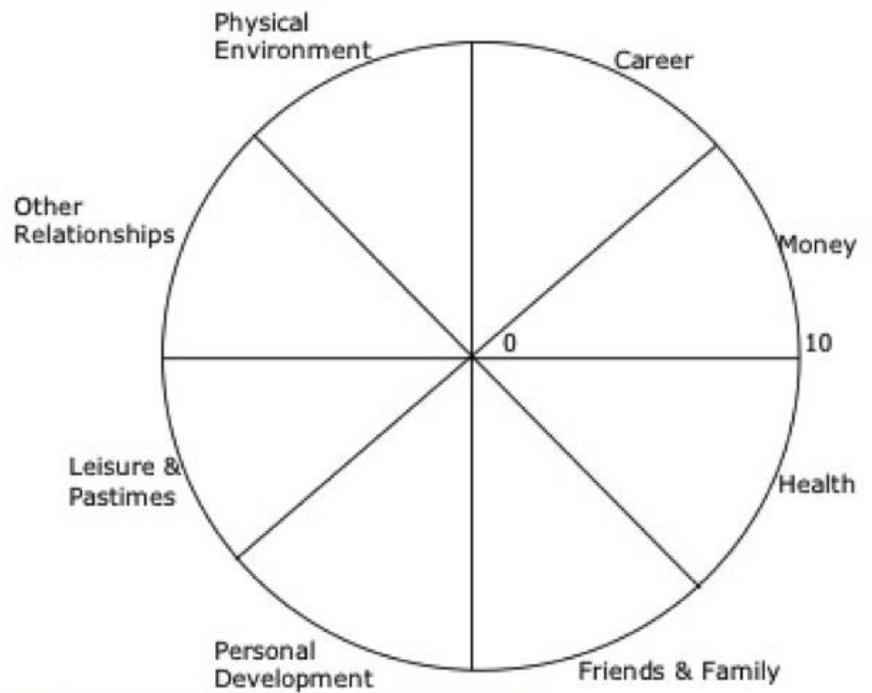
Whether you wish to work with me or not, completing this exercises will, I am sure, allow you to bring some light to your current situation. You will be able to look at your « life » from a distance and possibly see the blind spot in which you currently are.

No further insights are needed, simply follow my instruction below and be honest with yourself!



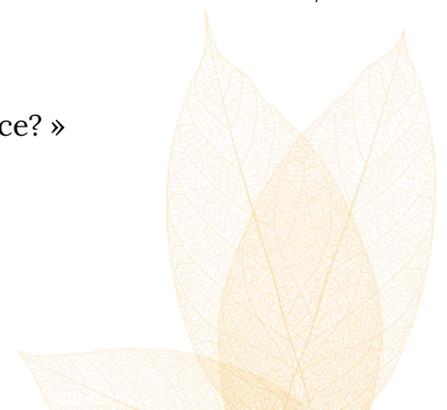
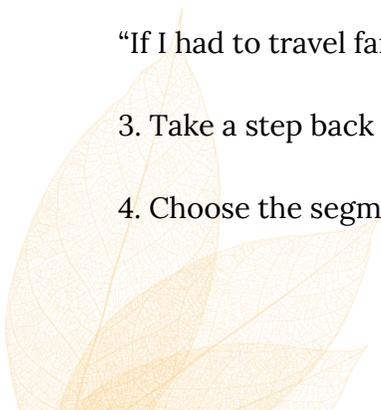


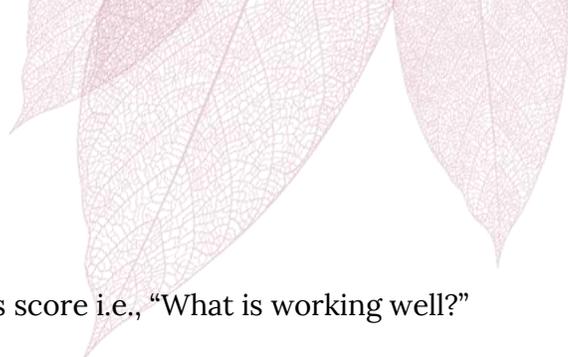
## The wheel of life:



Note that you can alter segment titles or split segments to better suit your personal life situation, but the basic working principle remains:

1. For each segment ask yourself, “On a scale from 1-10 (with 10 being the ideal), how satisfied am I with this area of my life?” Don’t over-think it, just ‘go with your gut’.
2. Draw a line at the rate you give to each segment until you have a second ‘inner’ wheel. Ask, “If I had to travel far with these wheels, how would the ride be?”
3. Take a step back and look at your inner wheel. « what do you notice? »
4. Choose the segment you feel to be most out of balance.





5. Consider all the small successes that make up this score i.e., “What is working well?”
6. If anything were possible, what would your ideal satisfaction score be? This is your life vision for one area of your life.
7. Compare your 2 lists: ‘What I have’ & ‘What I Want’. What do you notice?
8. Take a moment to ‘live’ your ideal score for this segment; Feel what it is like, visualize your ideal day, week, month, year. The more detail, the better!
9. What could you do to move up one point between your score today and your ideal?
10. Decide on an achievable action step to bring you one step closer to your target.

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So how was the exercise? Sometimes it is difficult to move on on our own, simply because we lack energy, or we lack self-confidence, or we are held back by some fears or limiting beliefs.

With this final note, I would just like to tell you that I can help you, whether with personalized coaching or in group settings, if you struggle on any of these aspects of life, just know I am here!



**EVERY BODY & CO**  
by *Simone Kaufmann*



Hope you will be enjoying this and will see positive benefits play out in your life rapidly. I am available anytime for questions, doubts or just to hear from you, don't hesitate to contact me at [hello@everybodyandco.com](mailto:hello@everybodyandco.com)

With love,

*Simone*

