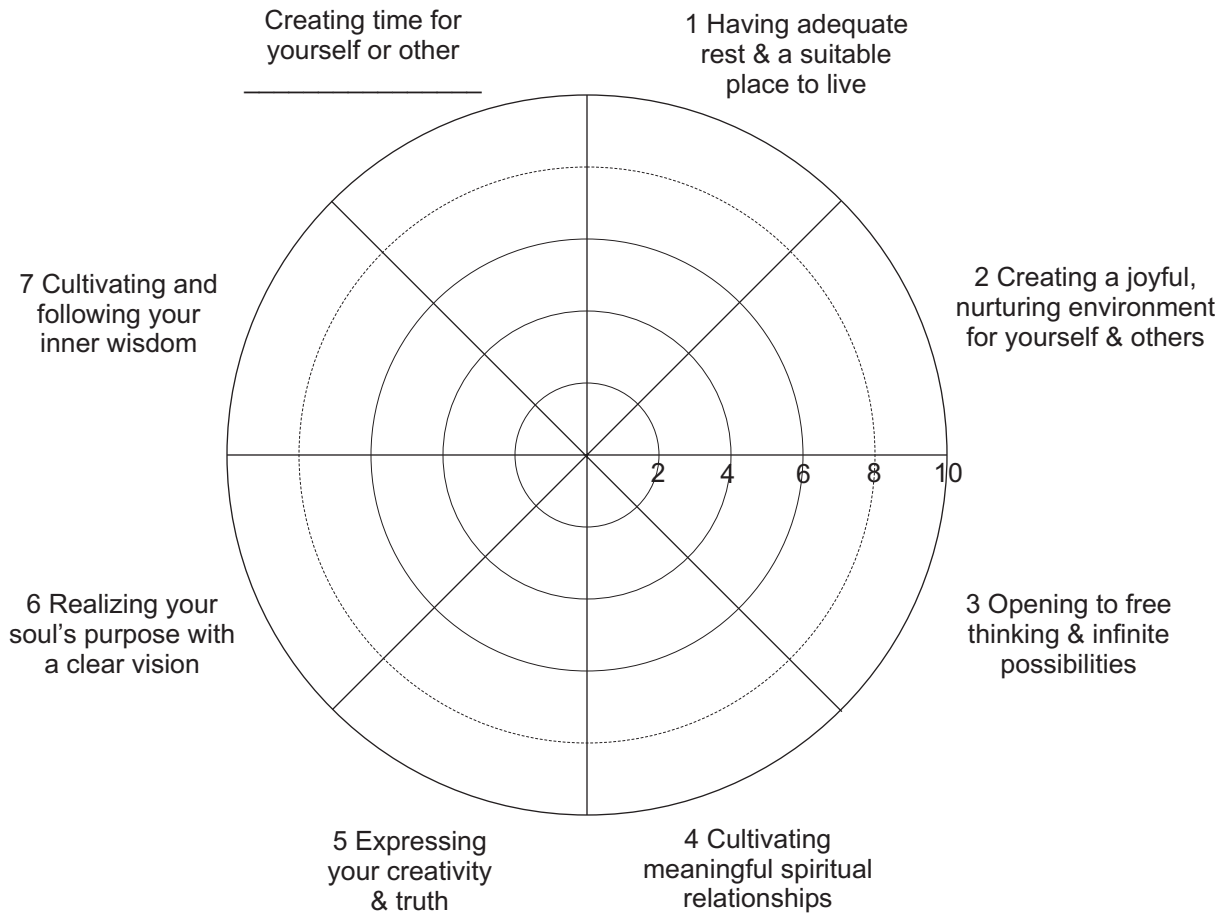


# Levels of Care Wheel



<p>Things I will <b>START</b> doing to design my life with more joy, excitement and purpose.</p>	<p>Things I will <b>STOP</b> doing, reprioritize, or delegate to bring more balance to my life.</p>
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# Using the Levels of Care Wheel

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The Levels of Care Wheel on the previous page is an example of what is commonly known as a Coaching Wheel or Coaching Mandala. The content came from our book Getting Thru to Your Soul. Its intent is to provide a format for exploring areas that are not providing a nurturing environment for nourishing the soul. Here is a quote from the book:

*Nourishing yourself with love and honor  
generally requires some awareness and commitment to changing habits  
that do not support your soul's expression.*

A Coaching Wheel is a simple tool that coaches commonly use to show clients where coaching might benefit them most. This is a wonderful tool to use first for yourself, then with clients. It identifies gaps between where you are and where you want to be. From there, you can decide where to start with making the changes the wheel suggests.

## STEPS TO FOLLOW WITH THE LEVELS OF CARE WHEEL

Start with the understanding that areas where you have blocks on the Levels of Care Wheel directly impact your ability to realize your infinite potential. We want you to come fully alive and thrive, and this tool can help you to come into harmony with your divine nature.

1. Go around the wheel, asking how positive you feel about each area from 1-10. Most people are not where they want to be in many areas and if this the case, you can decide which areas you want to improve to release blocks that prevent you from accessing your soul's greatness.
2. When the wheel is complete, ask yourself "Where do you most want to focus?" and select one area where you want to start.
3. Ask yourself what a 10 would be in that area. Write your observations in your journal.
4. Describe to yourself the gap between you are now and where you want to be, again jotting your thoughts in your journal. Increased awareness about what is happening is the first step to creating genuine freedom in this and all areas of life.
5. Identify the first step or steps needed to close the gap.
6. Set one or several goals to close the gap. This could involve using daily reflection and SK or EFT tapping to come to a place of balance.
7. Ask yourself if there is anything want and/or need to stop doing to realize your goal.
8. Review the wheel over time as you clear the blocks and go through the same process of assessing the gaps and taking action in the different areas shown on the wheel.

By following this process, you will most likely discover that changes in one or two areas affect other areas, demonstrating how everything is connected and how the whole person needs to be considered.

## LIFE BALANCE WHEEL

As a note, you can also create your own wheel to explore aspects of different areas or goals. You will find a blank Life Balance Wheel on the following page that you can fill in and use for your own growth and in your professional practice.

You could explore inner qualities to foster, like gratitude, commitment, valuing oneself, willingness to overcome obstacles, ability to step out of one's comfort zone, etc., areas related to health, or aspects of any area of focus. The Coaching Wheel is a wonderful tool to use in your practice.

You are probably seeing the tremendous potential of using the Coaching Wheel as a tool in your work. With clients, you can go around the wheel and fill in each of the areas to show them the gap between where they are now and where they want to go.

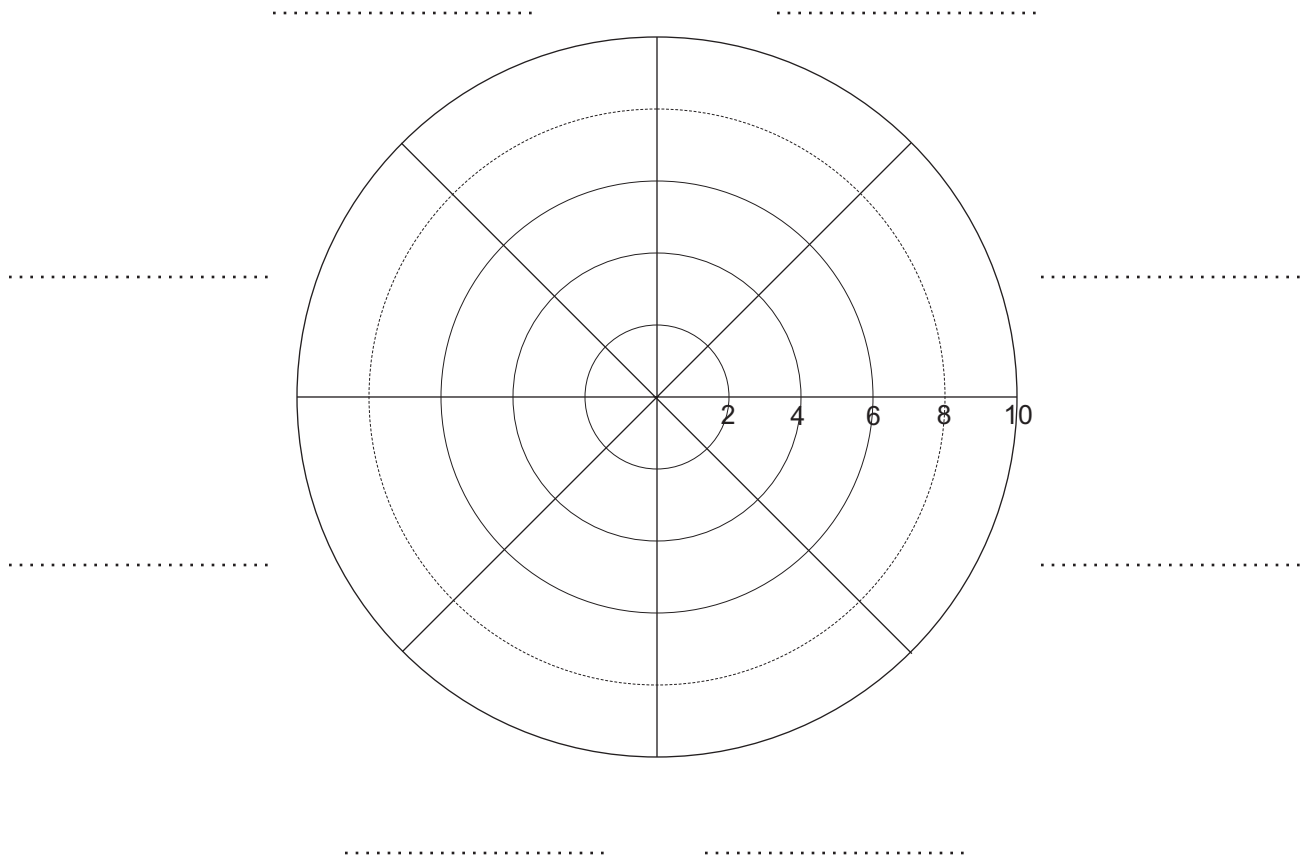
This transformational tool can become a map to use in your work together to monitor and celebrate their amazing successes over time. After all, celebrating success creates more successes to celebrate.

## FOLLOWING UP

Once you create a wheel, be sure to return to regularly to evaluate the changes.

# Life Balance Wheel

Purpose of Wheel: \_\_\_\_\_



<p>Things I will START doing to design my life with more joy, excitement and purpose.</p>	<p>Things I will STOP doing, reprioritize, or delegate to bring more balance to my life.</p>
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