

Gap tool for balance

A tool for great results

Your way to make the difference

Make it happen



First step

Is to find out what is out of balance. First step to know what balance will give you. To have balance in what you do, gives strong integrity and strength. That is the power that creates great results.

Published by <http://www.coachingandlife.com> Source to Download GAP Analysis Templates : <http://www.coachingandlife.com/gap-analysis>

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The wheel is always a good visual way of understand once balance. The wheel must have all elements in balance to run smooth and good. It is okay that things do not have the same volume, but it must be a level and a value you know and that is okay for you.

The awareness of how you spend your time and what you add value to, is your life's balance.

How to work the wheel. Write down what is in your life today, family, friends, sports, work, health, children, education, housing etc. give each of them a value, then add them to the wheel.

Gap tool to understand the balance of life



My balance

	What	Value today	Balance value	What will I DO
1				
2				
3				
4				
5				
6				

_____ :



1: _____

2: _____

3: _____

4: _____

5: _____

6: _____