A FREE REFLECTION TOOL

Your life balance map

Five minutes. Ten statements. One picture of your whole life.



1 Scan the code

Or type wellbeing.report/map in any browser. It works on a phone or a laptop.

2 Answer ten statements

Rate each one from 0 to 10, thinking about the past few weeks. It takes about five minutes.

3 Look at your map

Work, Relationships, Money, Body and Community in one picture. Bring it to our next session if you like.

wellbeing.report/map

Your answers stay with you

The map is calculated in your own browser. Nothing you answer is sent to or stored by us, and your coach does not see it unless you choose to show it. There are no accounts and no tracking.

Three questions to take to your next session

1. Which area surprised you most, and what do you make of that?
2. Which area would you like to feel a little different about, and what does "a little different" look like?
3. What is one small step you could take this week, and what would make it easy to start?

Your coach: _____

For adults (18+). A reflection tool, not a diagnosis, and it gives no advice about health, mental health or money.