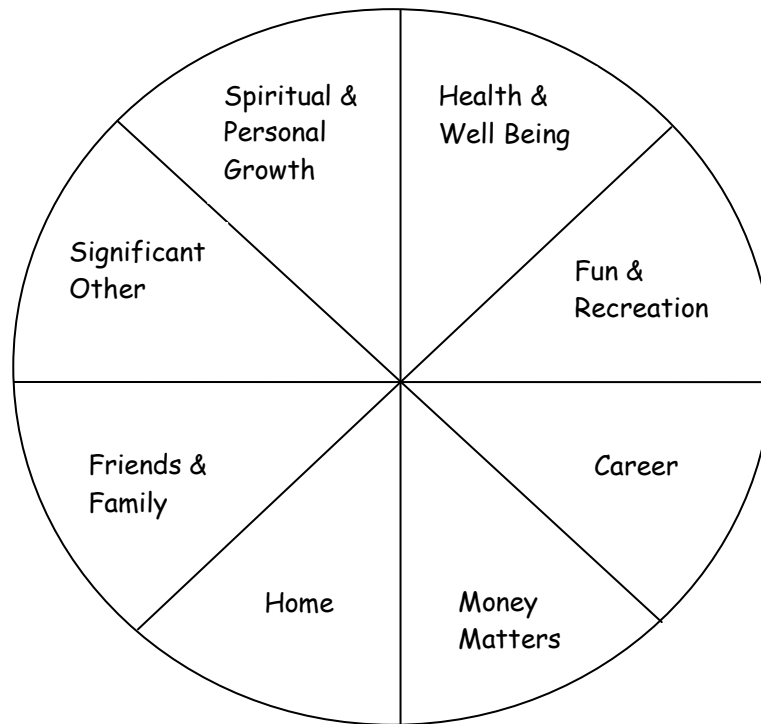


## The Life Balance Wheel – How Balanced Is Yours?



This is a graphic way to spot where there are imbalances in your life.

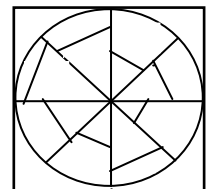
Allow yourself plenty of time. Print off the wheel. Equip yourself with pen and paper. Choose a peaceful place and begin to take a close look at your life.

The eight segments of the wheel represent different aspects of life. The centre of the wheel is 0 (not even a bit satisfied) and the outer edge is 10 (totally satisfied).

Give each aspect of your life a mark out of 10 and draw a line in each segment to represent how satisfied you are. You could split some of the segments in two if it helps.

- How balanced is your wheel?
- Which areas of your life are you most satisfied with?
- Where would you like to improve things?

One of my first wheels looked like this



Look at each section in turn. What would have to happen for you to be able to score a 10?

Write down your thoughts.

Consider how you can make a difference in one or two areas this week. That doesn't mean trying to score 10 immediately; just take some small steps in that direction.

You could create your own wheel using areas that you feel are more relevant to you. It's your life; you know what's most important to you.

You might want to complete the exercise again periodically to see how things have progressed.