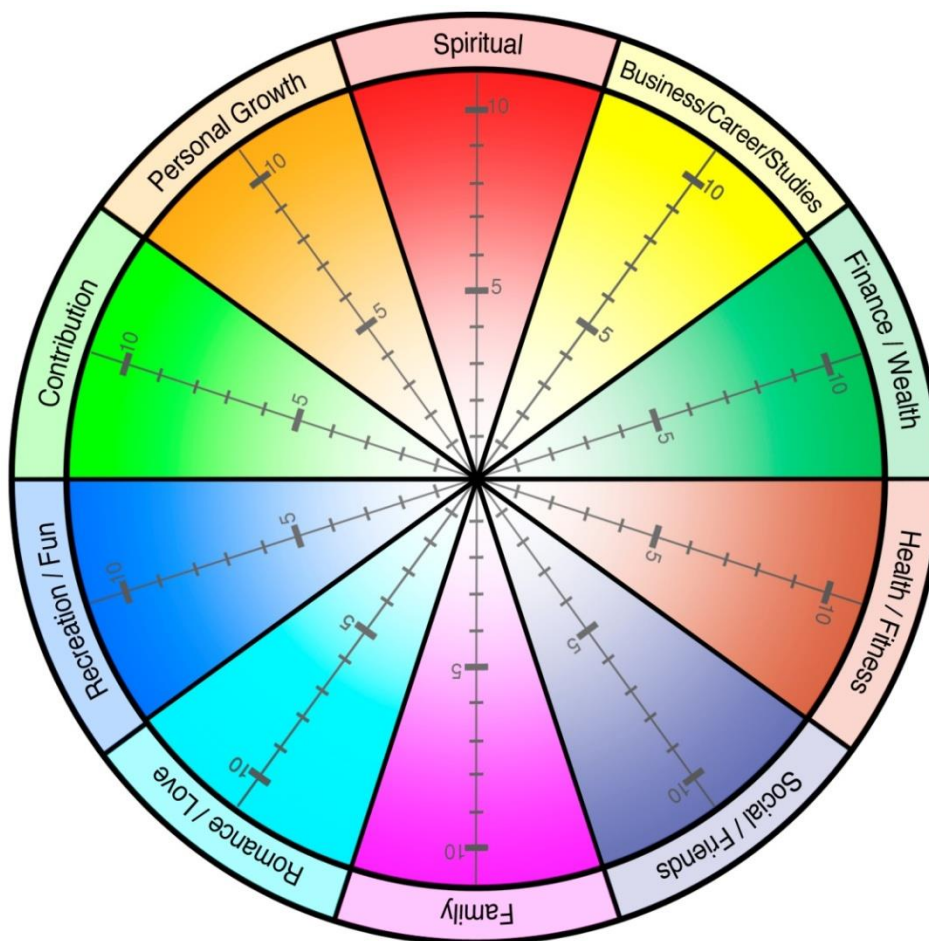




# LIFE BALANCE *Wheel*

Think about the different areas of your life that you see below, and have a think about **how satisfied** you are with them right now. Each segment has a scale from 0-10, 0 being the lowest, and 10 being the highest. The scale represents your satisfaction right now with each area of your life for example: Contribution – score: 3 “I occasionally give to charity, but want to get involved in my community and give more of my time to others”. Mark out your score in each section by placing a mark along the relevant score line.

When you have completed all segments, join up all your markings with a curved line, and you will see a representation of your current life balance as your wheel of life.



This wheel represents your life as a whole system, with all segments having an impact upon the other areas of your life, for example if you are too focused on one area of your life you may neglect others. The rounder the wheel, the more balanced, healthy and fulfilled your life is. Take a moment to think of any dreams and goals that you have for yourself in particular areas of your life and notice how your wheel currently compares.

## How smooth a journey is your wheel taking you though life currently?

Pause to reflect for a moment - Is there anything that you need to clear out or say goodbye to in these areas to make room for what you want within life that really matters? What areas need your focus and some new goals?