

# How Balanced is your Life?

Everyone knows that having a balance in life is important because we can be more content and more alive and really enjoy what we are doing.

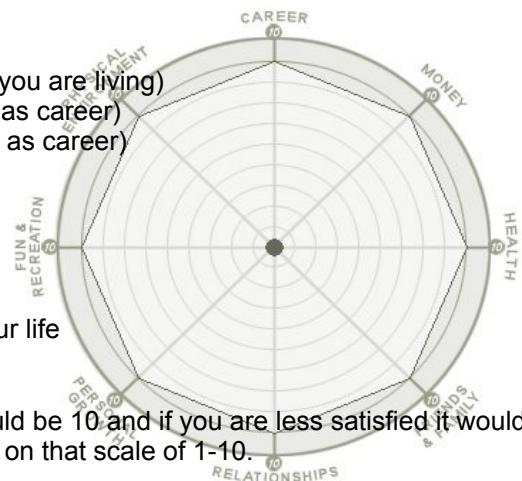
The Wheel of Life activity below is a simple and very effective way of showing us how our life is balanced at any particular time.

## Wheel of Life Part One

1. Identify 8 key areas of your life. (brainstorm a number of issues or key areas in your life that are important for you and choose the 8 most important.)

You could choose from:-

- career/work
- personal development and growth (whatever that might mean for you)
- friends and family (or even into two separate areas)
- partner or significant other
- financial
- spiritual life
- physical environment (where you are living, how you are living)
- fun and recreation (this crops up almost as often as career)
- health and vitality (also crops up almost as often as career)
- emotional well being
- social life



2. Now score each area of your life out of 10

10 = you are totally satisfied with this area of your life

1 = where you are less satisfied

If you are very satisfied with an aspect of your life, it would be 10 and if you are less satisfied it would be 1. So, every area of your life is going to be anywhere on that scale of 1-10.

3. Plot your scores in a blank 'wheel' (see pic above), your result shows you the degree to which you are satisfied with your own level of balance in your life.

Which are your low spots - the areas you are least satisfied with?

## Wheel of Life Part Two

1. Now draw a circle around the first circle and for each segment take some time to think what a '10' would be like - you are starting to look at your goals.

For example if you have a segment for 'Fitness' – be a little more specific. What would a '10' actually mean for you? Running a marathon? Attending a gym class twice a week?

What are you doing that tells you this is a '10'? What are you hearing, seeing, feeling that tells you it's a '10'?

What do you really want?

Because we tend to get what we focus on, you need to ensure any goals you set are stated in positive terms. For example, if you want to be less stressed, turn it round and say you would like to feel relaxed, calm and at peace etc

It's so easy to lose the sight of a balance in our lives and this exercise very quickly raises awareness.

Now for some 'quick-wins' to get you motivated; go through each segment and ask yourself what needs to happen to get closer to the '10', and what do I need to do? Write down what you could do in the next 24-48 hours.

What will you do first?