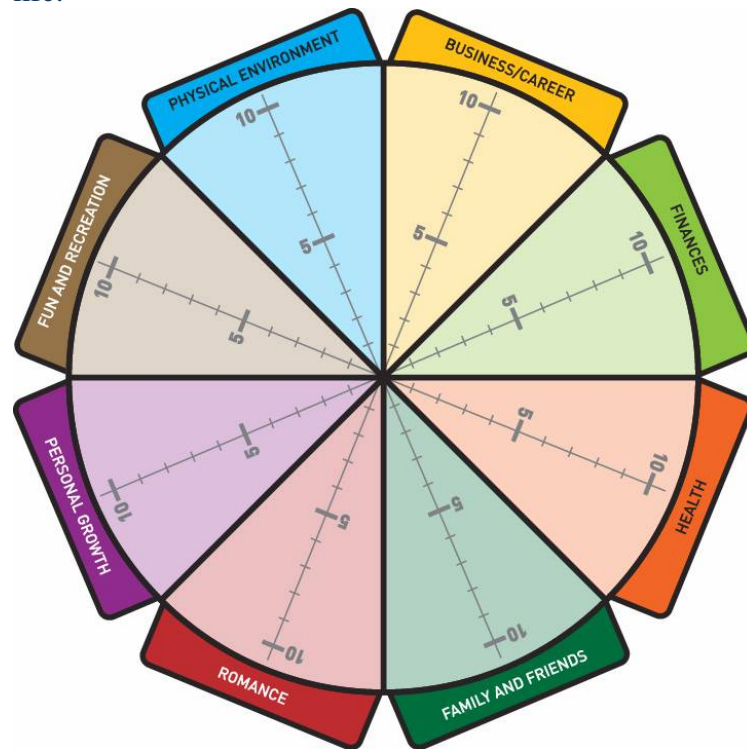


The wheel of Life

When our lives are busy we tend to put all of our focus into one or two areas of our lives and the rest easily becomes 'unbalanced'. Whilst focus is a great thing to get things done, too much focus can lead to frustration and unrest.

The wheel of life is a useful tool to help you measure the quality and balance in your life.



How to use the wheel

Give each part a rating out of ten. A score of ten would mean you're fulfilled and fully satisfied. 5 would mean there's a significant amount missing. Score 1 and that's an area you're totally unhappy about.

Put a mark on the relevant spoke of the wheel for your score in each part. Take at least half an hour, giving yourself time to evaluate each area thoroughly. Be scrupulously honest. When you are finished, join the lines together. Remember to consider your 'ideal' level in each area, a balanced life does not mean getting 10 in each area, it means getting the number that feels right for you in that area. And inevitably you will need to make choices and compromises, as your time and energy are not in unlimited supply!

Question - what would the ideal level of attention be for your each life area?

What are the areas of your life that need attention? Where are the gaps! What if you could find a way to get stability in your wheel so that you could experience more balance in the areas that matter most to you...?

Considering the area of your life where you scored the lowest, answer the following questions.

What is your 'ideal' situation in this area, how would you like to look, feel, play out daily?

How is this current 'gap' a problem for you?

What actions do you need to take to bridge the gap from this being a 'problem' to this being an 'ideal' area in your life?

What would be your ideal number in each area? How would you like each are to be?

1. Health
2. Romance
3. Family and friends
4. Finances
5. Physical environment
6. Fun and recreation
7. Business/career
8. Personal growth