Life Balance Wheel

Welcome to the life balance wheel exercise.

This little exercise can help you to identify whether or not you live a balanced life.

When going through it you should take ‘quality time’ and not try to rush through it under time pressure.

How does it work:
The next page shows you a “wheel” segmented with ‘spokes’. Each spoke is headlined with a aspect of life. Next to it you see descriptors for this aspect of your life.

Start some where on one of the spokes. Then go clock- or anticlockwise
Ask yourself the following questions:
How satisfied are you with this part of your life?
Are the activities which you are doing now in this part fulfilling?
Rank this aspect between 1 and 10.
10 means your feel fulfilled and very satisfied with this part of your life.
1 means you can’t see any fulfillment coming at present from this part of your life.
Go through all the ‘spokes’ and take your time.

Mark all your scores in the wheel on page 3.

Continue then on page 4

Bernhard A Zimmermann, Coach for R&D, Hamburg Germany
E-mail: info@bazimmermann.com, Call: +491629687041
Life Balance Wheel, next steps

• How does it look?

• Think of a bike this wheel would be mounted in. How would a ride be on this bike? Wobbly?

• Which of the “spoke needs to be looked after first to reduce the wobble?

• Now think about this part of your life: How much energy are you prepared (1 (none) to 10 (at lot)) put into changing the situation? If below 5 move on to the next “spoke”

• If you want to invest more that 5 ask yourself:

  What could you do to become more fulfilled and satisfied with it?

  What stops you of implementing the idea?

  Who could help you to find ways of make it work or create other options?

  Who could remind you to keep you on track?

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