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.
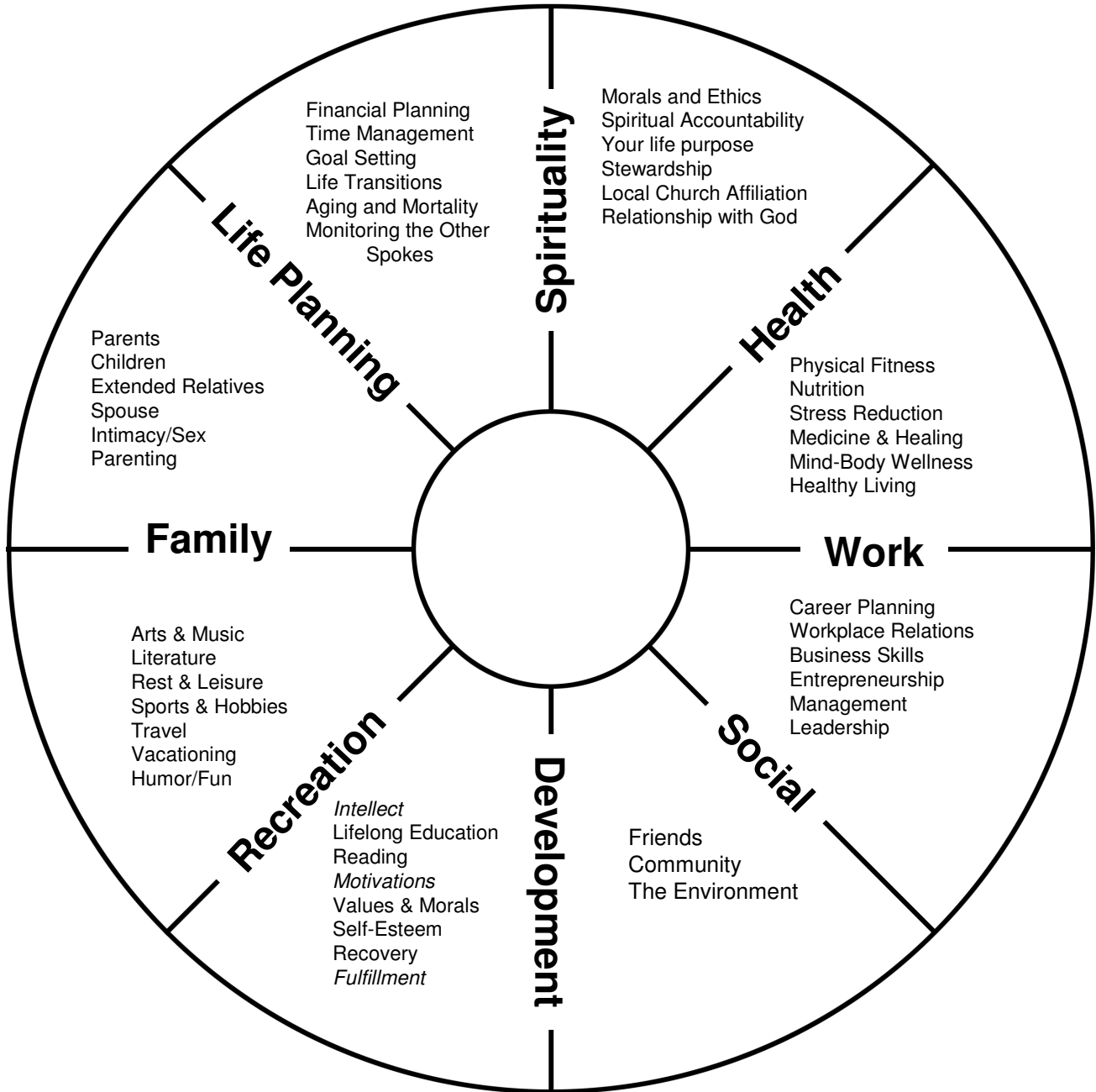1 means you can't see any fulfillment coming at present
from this part of your life.
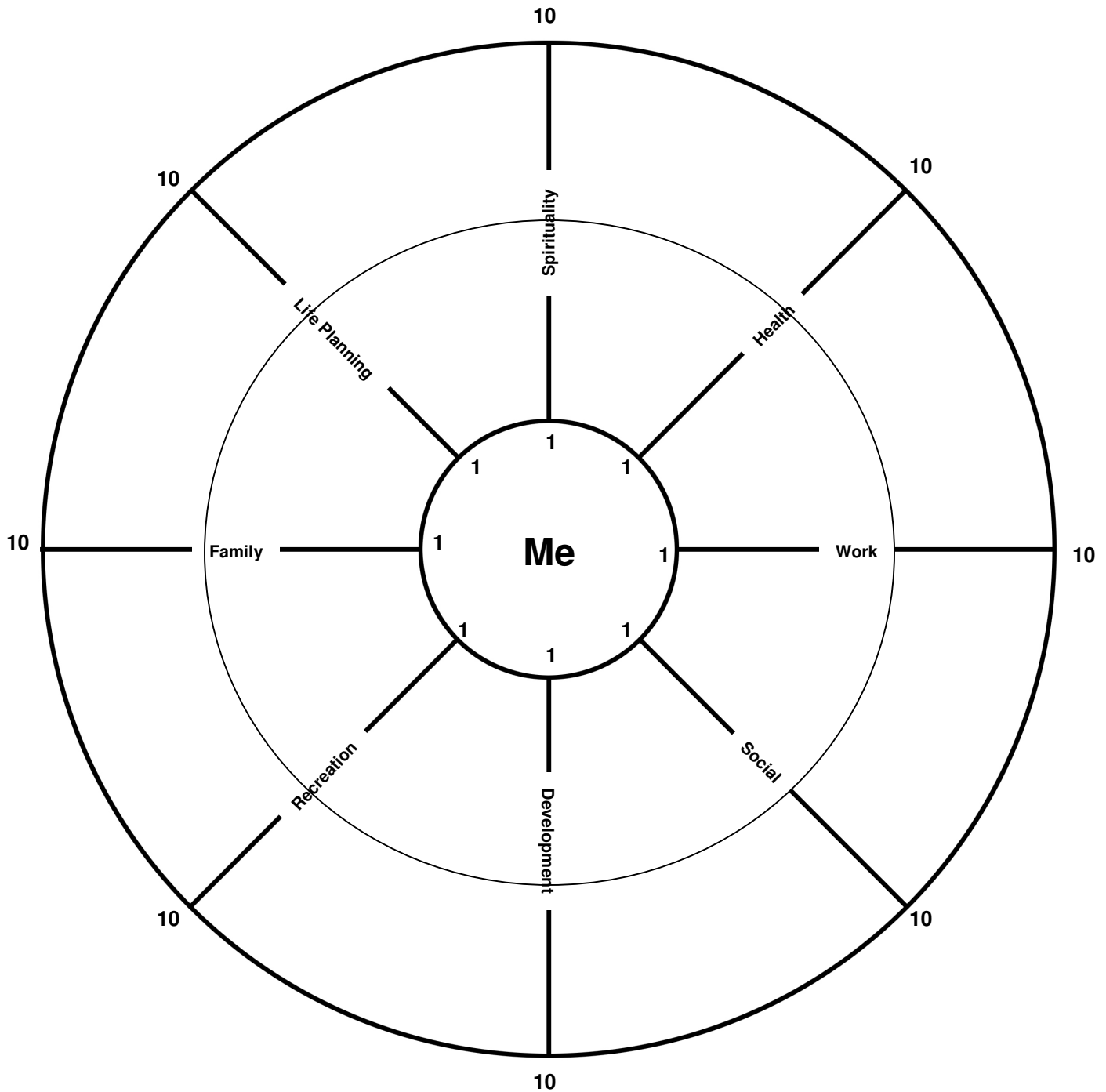Go through all the 'spokes' and take your time.

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Life Balance Wheel

Spirituality
Morals and Ethics
Spiritual Accountability
Your life purpose
Stewardship
Local Church Affiliation
Relationship with God

Life Planning
Financial Planning
Time Management
Goal Setting
Life Transitions
Aging and Mortality
Monitoring the Other
Spokes

Health
Physical Fitness
Nutrition
Stress Reduction
Medicine & Healing
Mind-Body Wellness
Healthy Living

Family
Parents
Children
Extended Relatives
Spouse
Intimacy/Sex
Parenting

Work
Career Planning
Workplace Relations
Business Skills
Entrepreneurship
Management
Leadership

Recreation
Arts & Music
Literature
Rest & Leisure
Sports & Hobbies
Travel
Vacationing
Humor/Fun

Development
Intellect
Lifelong Education
Reading
Motivations
Values & Morals
Self-Esteem
Recovery
Fulfillment

Social
Friends
Community
The Environment

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Life Balance Wheel

10

10

10

Spirituality

Life Planning

Health

10

1

1

1

Family

1

Me

1

Work

10

1

1

Recreation

Development

Social

10

10

10

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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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