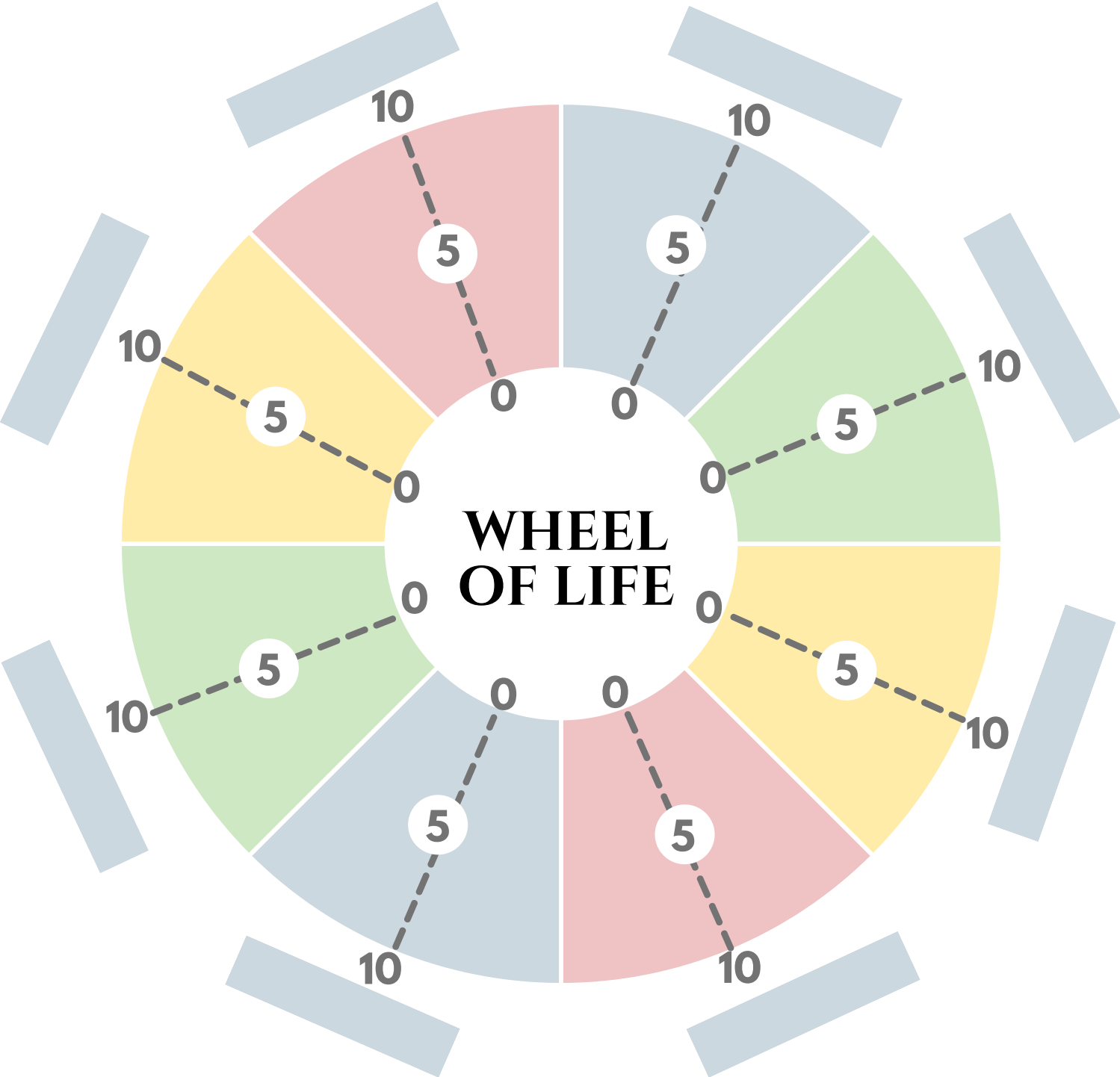


# FINDING BALANCE

*The Wheel of Life*



This exercise is designed to assess today, how satisfied you feel with the different areas in your life. You can do this as many times as you like, it is a great idea to reassess your wheel regularly. See instructions on the following page.



# INSTRUCTIONS...



1

Decide which 8 life areas are the most important and add them to the grey boxes on the edge of the wheel. If unsure, you can use the list below:

- Physical environment
- Health
- Career
- Relationships
- Romance
- Self-development
- Finances
- Fun and Recreation

2

Now, for each life area, mark "X" to indicate your score out of 10.

0 = completely dissatisfied

10 = completely fulfilled/satisfied

NB: this is all relative – a person earning £30k salary might be 90% satisfied, but a millionaire might only feel 50% satisfied

3

Join the crosses you have marked, all the way around the wheel.

# REFLECTIVE QUESTIONS...

The specific numbers are not as important as how even the circle is.

- If this wheel were on a bike would you get a smooth ride?
- Does this exercise highlight areas you would like to change?

To achieve balance, you can:

- decide to increase energy and time (to increase scores) in some areas
- reduce time and energy (and therefore scores) in some areas to shift effort into another area and create new things that will raise other scores in your life.

complete a box for each life area...

Life Area: \_\_\_\_\_

Current score: \_\_\_\_

Desired score: \_\_\_\_

What first step can you take towards your desired score?:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Life Area: \_\_\_\_\_

Current score: \_\_\_\_

Desired score: \_\_\_\_

What first step can you take towards your desired score?:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Life Area: \_\_\_\_\_

Current score: \_\_\_\_

Desired score: \_\_\_\_

What first step can you take towards your desired score?:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Life Area: \_\_\_\_\_

Current score: \_\_\_\_

Desired score: \_\_\_\_

What first step can you take towards your desired score?:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# REFLECTIVE QUESTIONS...

Life Area: \_\_\_\_\_

Current score: \_\_\_\_

Desired score: \_\_\_\_

What first step can you take towards your desired score?:

---

---

---

---

---

---

---

Life Area: \_\_\_\_\_

Current score: \_\_\_\_

Desired score: \_\_\_\_

What first step can you take towards your desired score?:

---

---

---

---

---

---

---

Life Area: \_\_\_\_\_

Current score: \_\_\_\_

Desired score: \_\_\_\_

What first step can you take towards your desired score?:

---

---

---

---

---

---

---

Life Area: \_\_\_\_\_

Current score: \_\_\_\_

Desired score: \_\_\_\_

What first step can you take towards your desired score?:

---

---

---

---

---

---

---

**What else have you noticed / learned / observed?**

A close-up photograph of a dark brown, speckled ceramic mug filled with coffee. Wisps of white steam rise from the mug. The mug is placed on an open book with German text. The background is softly blurred, showing a window with light coming through. The overall mood is warm and cozy.

*Thank you for  
reading!*

If you want to take this work further,  
see my life coaching access plans at:

[www.sueorwin.com](http://www.sueorwin.com)