

## The Wheel of Life - how to balance your life

Is your life in balance? Do you spend as much time you want in the areas in your life that matter most to you such as health, family, partner, spouse, friends, work, leisure time, exercise, me-time...? When we do, we know it immediately because it comes with a bodily sense of 'all is well', of satisfaction, of feeling grounded and clear headed.

But more often than not we feel that our life isn't in balance. The main reason often is too much work and not enough time for ourselves, with friends, partners or family. Often there is an imbalance or conflict between two or more areas in our life which then causes us to feel out of balance, out of control, unhappy, stressed, tight and tense.

The Wheel of Life is a great tool to help you identify the imbalances but also the areas where you are doing well. The wheel enables you to take a snapshot of your life and to break it down into eight key areas. By drawing your wheel you can get a "helicopter view" and gain clarity and insight in several ways:

- You can identify all important areas that matter in your life
- You can see all the area(s) where you have been doing well
- You can identify imbalances, conflicts or competition between different life areas

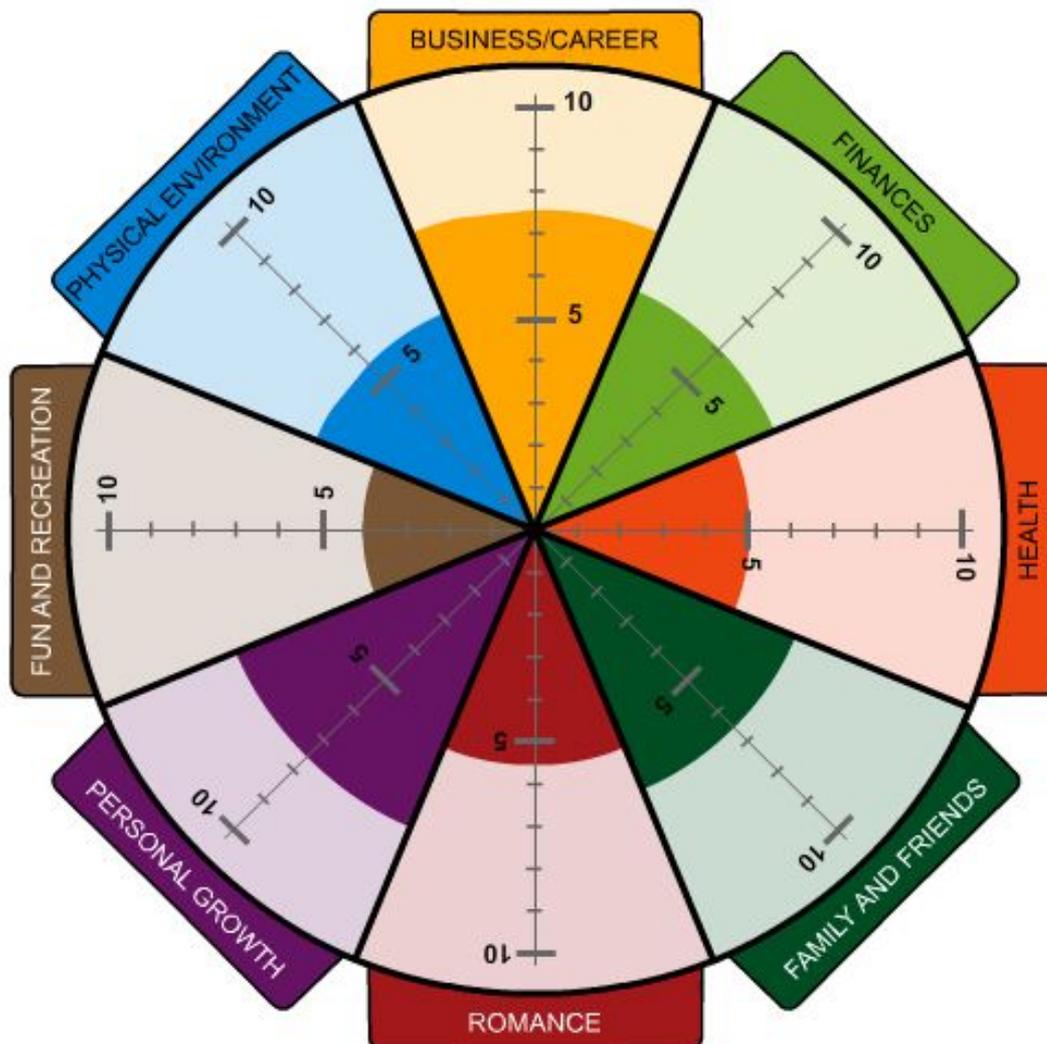
### Here is how it works:

1. Draw a wheel and choose your life areas: 8 areas is usually a good number - typically these are: family, friends, romantic relationship, health, work/career, leisure time, exercise, personal development (make them yours)

2. Fill each life area from the inner circle towards the outer circle with the outer edge of the circle being 10 "Couldn't be better" and 0 being the circle's centre "Couldn't be worse".

- What insights can you get, ie what strikes you about your wheel?
- On a scale of 1-10 how balanced do you think your life is (1 being not very balanced at all and 10 being very balanced)?
- What conflicts or competition might there be between different areas of your life?
- What does your Wheel tell you about your priorities, what matters most in your life?

Here is an example:



Look at your wheel again, where do you think is your leverage point, ie the area where change would have the biggest impact to the whole of your life? What is the first small step you can take...?

So this is the area in your life where you can start to make some long-lasting changes...