

The Wheel of Life

How to balance your life

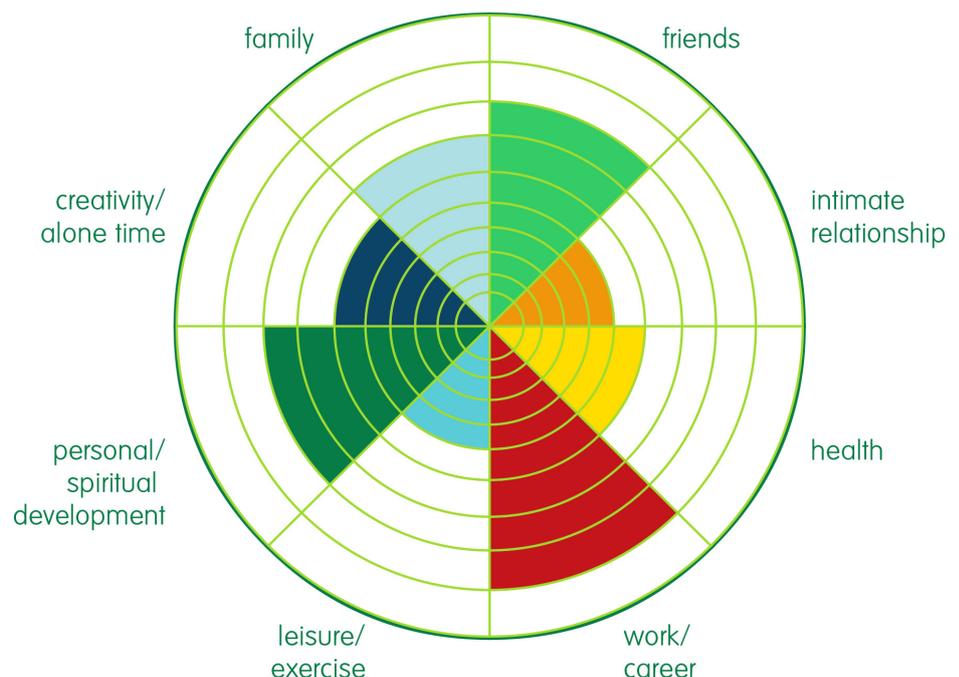
Is your life in balance? Do you spend as much time you want in the areas in your life that matter most to you such as health, family, partner, spouse, friends, work, leisure time, exercise, me-time...? When we do, we know it immediately because it comes with a bodily sense of 'all is well', of satisfaction, of feeling grounded and clear headed. And as a result we feel balanced, energised, spacious and positive. We have clarity of perspective, we know what's important, we feel in charge of our life.

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 us identify the imbalances but also the areas where we are doing well. The wheel enables us to take a snapshot of your life and to break it down into eight key areas. By drawing our wheel, we can get a "helicopter view" and gain clarity and insight in several ways:

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

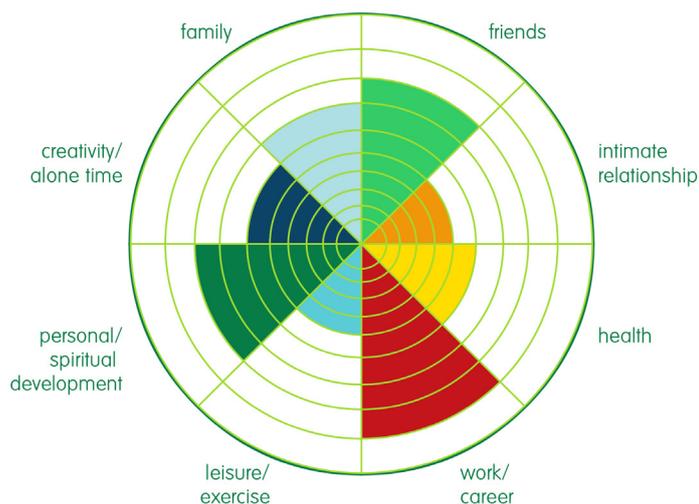


The Wheel of Life (contd.)

Here is how it works

1

Draw a wheel similar to the example below and choose your life areas: 8 areas are usually a good number - typically these are: family, friends, intimate relationship, health, work/career, leisure time, exercise, personal / spiritual 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 center “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?

3

Look at your wheel again, where do you think is your **leverage point**, ie the area where change would have the biggest impact on the whole of your life? What is the first small step you can take...? This is the area in your life where you can start to make some long-lasting changes...