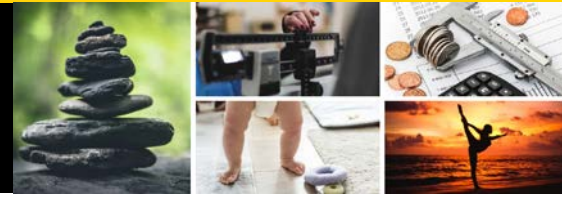


Balance



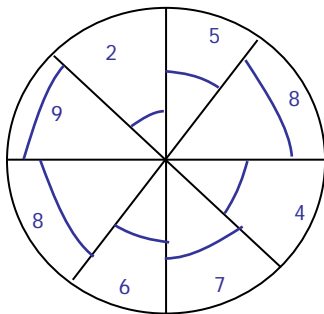
Balance – Wheel of Life

It would seem we're all working towards finding greater balance in life, navigating competing priorities while trying not to neglect anyone or anything, including ourselves and our good health. There is a tool that's been used in many contexts, including coaching, that may help us to look at our lives in a new way and discover what needs attention in order to find more balance.

The "wheel of life" is a flexible and customizable personal assessment. Many options can be found online, or you can create a very simple wheel for yourself by drawing a circle and dividing it into 6 to 12 "pie slices." These slices can each be labeled according to your needs and preferences. Common labels include **health, family, finances, spiritual, work, fun, learning, social, emotional, and romance**. You may choose others that are important to you. If you do this exercise periodically, you may decide to change the labels and update with new categories.

Once you have your wheel and labels, decide how satisfied you are with each area and mark the wheel accordingly—using the center as **0** and the outer edge as **10**. You might then ask yourself, *what is going really well, and what is missing? Does this exercise offer any clues as to where I need to put my attention? How can this inform my self-awareness, and what action can I take to become more balanced?*

EXAMPLE



YOUR WHEEL

