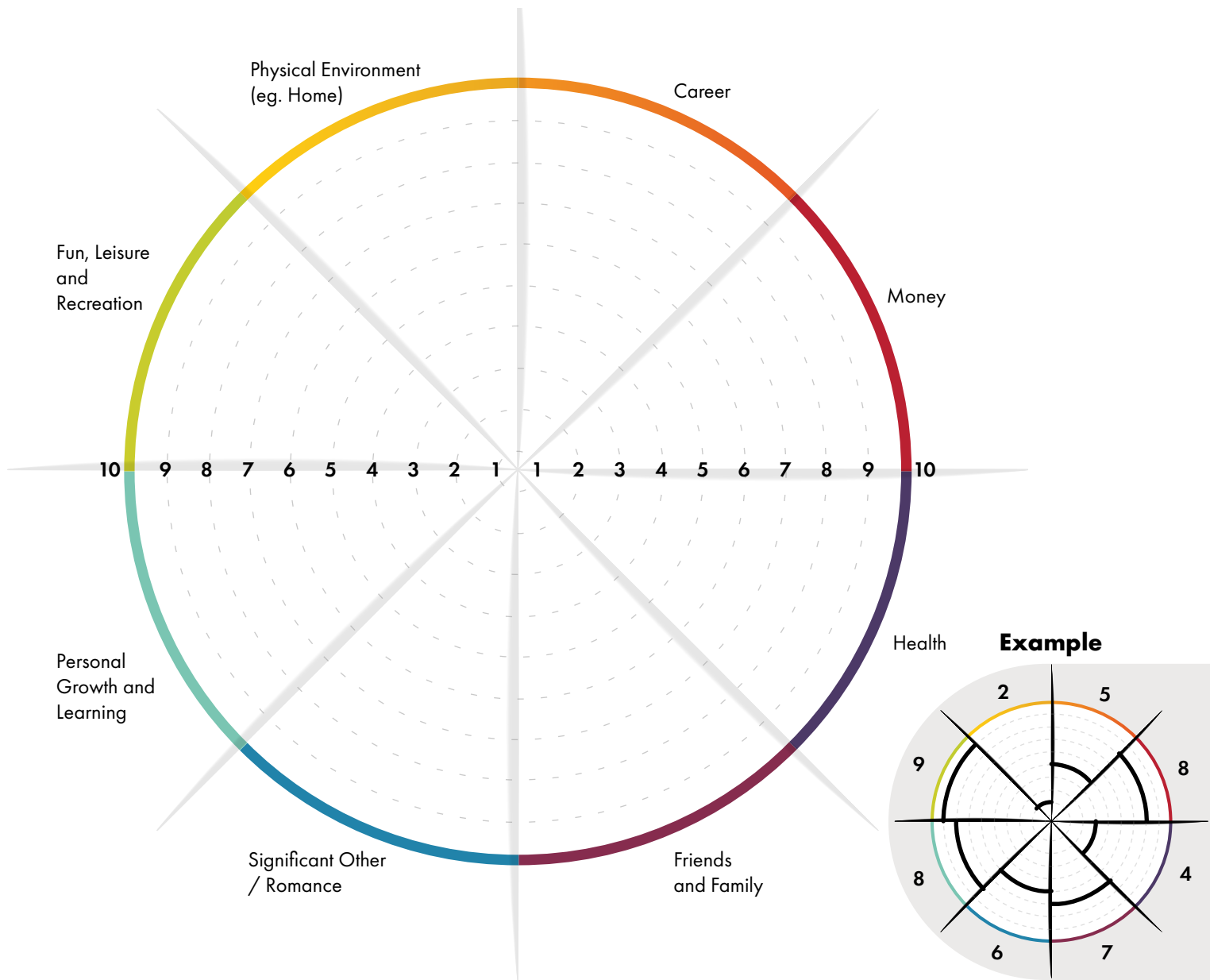


Wheel of Life Exercise



Instructions:

The 8 sections in the Wheel of life represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the center of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example).
- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

This exercise will help clarify priorities for goal setting, allowing you to plan a life that is closer to your definition of balance. Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others. Balance must be assessed over time. So, a regular check on how balanced you are can highlight useful patterns and help you learn even more about yourself.

Another option is to ask someone who knows you well to complete the scores for you. It can be helpful sometimes to see an outside perception of your life 'balance.' Note: This must be someone you trust AND whose opinion you value.