

# BALANCE WHEEL

## 1.) Choose your 8 categories.

They could represent your whole life:

Work Family Exercise Community etc

Or it could just represent work:

Strategy Budgeting Staff Management etc

Or it could just represent home:

Children Hobbies Pets etc

2.) Using the scale of 1-10 (1: unsatisfied, 10: completely satisfied) give each part of your life a satisfaction rating in one colour

3.) Repeat the exercise with a different colour indicating where you want each category to be

4.) Use the space around the diagram to write practical things you can do to achieve the shift you desire

