

Wheel of Life Exercise: Finding Balance in Your Life

Background:

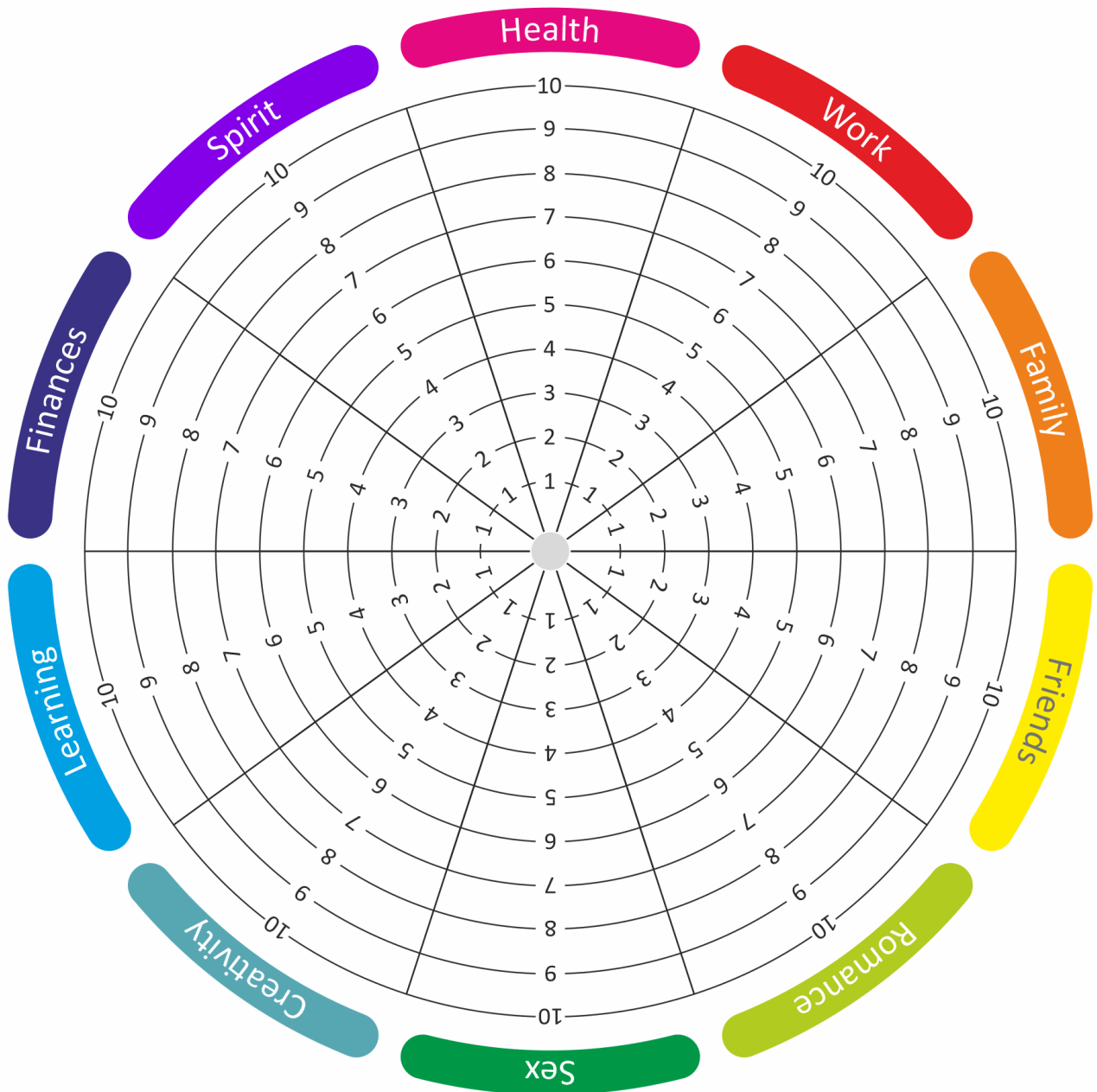
The Wheel of Life is a powerful tool for self-reflection and goal setting. It helps you visualize how balanced or unbalanced different areas of your life are. By rating your satisfaction in key life domains, you can identify areas that need more focus and attention. This process fosters greater self-awareness and prioritization of your personal and professional goals.

Quote:

"Balance is not something you find; it's something you create." — Jana Kingsford

Instructions:

1. Look at the provided **Wheel of Life**, which is divided into 10 areas:
 - **Health:** How do you keep fit, look after yourself and manage your health both physical and mental?
 - **Spirit:** How do you cultivate your sense of awe and go about your personal growth?
 - **Finances:** How are you managing your finances, savings and expenditure?
 - **Learning:** Think about your meaningful connections, heroes, mentors, teachers, and what you choose to read and watch.
 - **Creativity:** What about hobbies, fun, adventures, skills and things you are passionate about?
 - **Sex:** Is your sex life satisfying and fulfilling?
 - **Romance:** How are your romantic/significant relationships working?
 - **Friends:** What is your community of contacts, friends and support network like?
 - **Family:** How's your home life, physical environment and family network?
 - **Work:** How's your career and work/life balance?
2. For each area, rate your current satisfaction on a scale of 1 to 10, with 1 being very dissatisfied and 10 being fully satisfied.
3. Mark your ratings on the wheel with a thick liner in an arc. This will visually show how balanced your life feels at the moment and where your attention for higher fulfilment could lie.
4. Reflect: Are there any areas that feel out of balance? Where would you like to improve?
5. Set a goal: Choose up to 3 areas you would like to focus on and write down 2-3 actions you can take to increase your satisfaction in that area.



Focus Area:

Thoughts:

Action 1:

Action 2:

Action 3:

Focus Area:

Thoughts:

Action 1:

Action 2:

Action 3:

Focus Area:

Thoughts:

Action 1:

Action 2:

Action 3: