



When life is busy or all your energy is focused on work and 'to do's' it's very easy to get "off balance", not paying enough attention to important areas of your life. Success requires drive and focus but if you neglect other important life areas in the process it can lead to frustration and intense stress.

That's when it's time to take a "helicopter view" of your life, so that you can bring things back into balance. The **Wheel of Life** can help. It asks you to score yourself on 8 important life area based on how you feel about that particular area today. *Flip this page over for descriptions.* Then answer the questions that follow and **bring this form back for session #2.** *All results will remain confidential.*

1) **Consider** each dimension in turn, and on a scale of 0 (low) to 10 (high), write down the amount of attention you're devoting to that area of your life. Mark each score on the appropriate spoke of your Life Wheel.

2) **Now** join up the marks around the circle. Does your life wheel look and feel balanced? Y N
 Comments: _____

3) **Next** it's time to consider your ideal level in each area of your life. A balanced life does not mean getting 10 in each life area. Some areas need more attention and focus than others at any time. And inevitably you will need to make choices and compromises, as your time and energy are not in

unlimited supply! **So the question is** *what would the ideal level of attention be for you in each life area?*

Plot these "ideal" scores around your life wheel too (hint: use a different coloured marker).

4) **Now** you have a visual representation of your *current* life balance and your *ideal* life balance. What are the gaps? These are the areas of your life that need your attention.

And remember that gaps can go both ways. There are almost certainly areas that are not getting as much attention as you'd like. However there may also be areas where you're putting in more effort than you'd ideally like. These areas are sapping energy and enthusiasm that may better be directed elsewhere.

Once you have identified the areas that need attention, it's time to plan the actions needed to work on regaining balance. You'll have time to work on that in session #2

In the meantime, consider the following:

Starting with the neglected areas, *what things do you need to start doing to regain balance?*

In the areas that currently sap your energy and time, what can you STOP doing or reprioritize or delegate to someone else?

Bring this exercise with you to session #2

Descriptions:

Business/Career: Is your business doing well? Do you gain satisfaction from your work/career path?

Finances: Is your financial house in order? Are you living within your means? Does your income sustain you?

Health: Do you get enough exercise? Do you eat healthy most of the time? Do you get quality sleep? Are you free of bad habits? Do you manage stress well?

Family and friends: Are you satisfied with your home life and relationships? Do you have quality, meaningful, fulfilling friendships? Do you spend enough time with them?

Romance: Do you have/ do you value your intimate relationship? Are you content without?

Personal Growth: Are you becoming more of the person you want to be? Do you allow time for education, hobbies, personal goals?

Fun and Recreation: Do you work too hard? Do you make time for fun? Is it enough?

Physical Environment: This is the environment in which you work, live and spend time. Are you happy with your neighbors and your neighborhood? Can you relax at home? Do you like your work space?