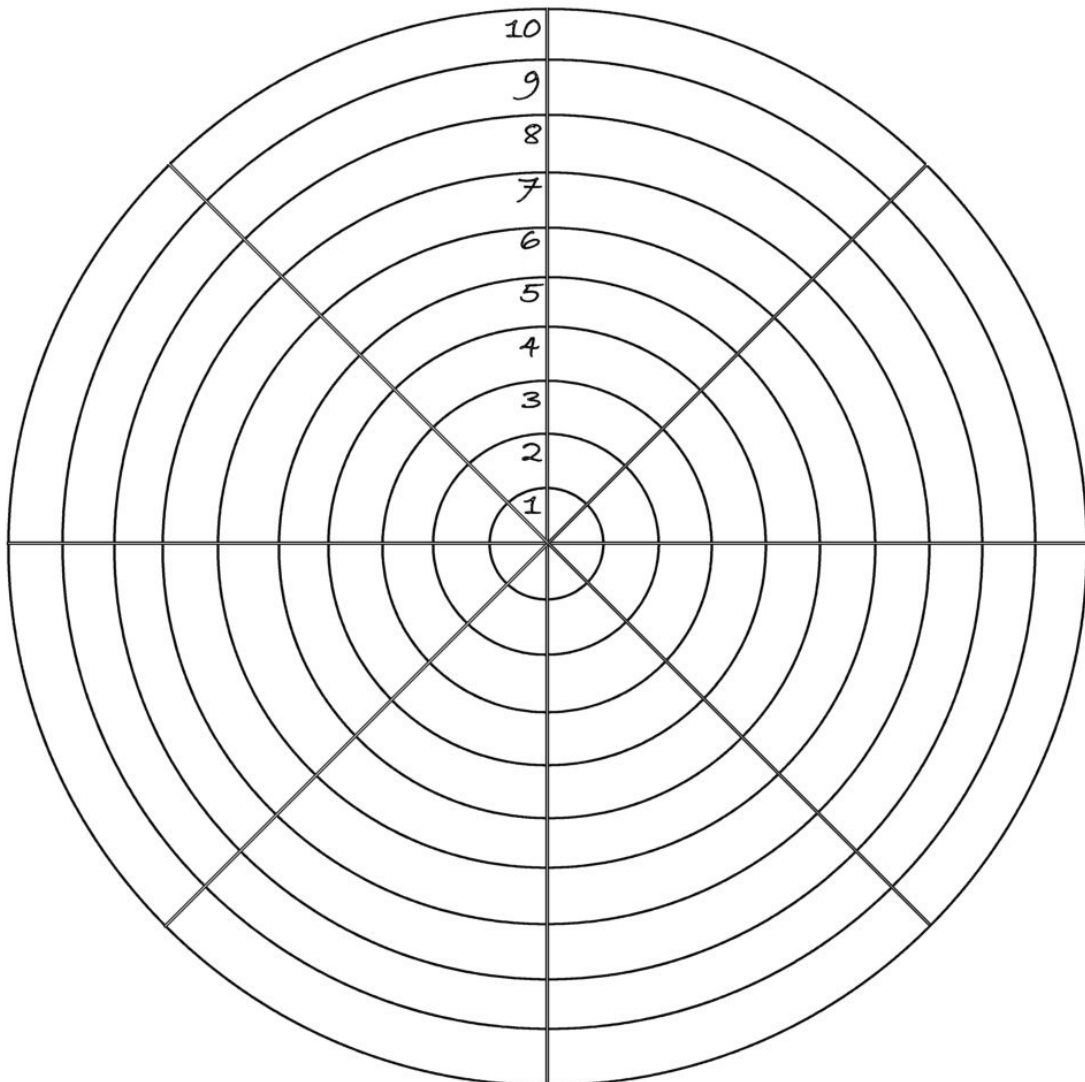


## The Life Balance Wheel

A balanced life brings harmony and peace, and this wheel can be used to represent the different aspects of your life. To see at a glance how balanced your life is, start by labelling each segment with one of the major categories that make up your life. The following list can be a good start, but if any are missing or not quite right for you in your particular circumstances, simply make up your own, more appropriate, ones.

- |                          |                                     |
|--------------------------|-------------------------------------|
| 1. Work/ Employment      | 5. Hobbies/ Relaxation time         |
| 2. Home                  | 6. Financial                        |
| 3. Family relationships  | 7. Health & Fitness                 |
| 4. Intimate relationship | 8. Service/ Contribution/ Spiritual |

When you have labelled each segment, decide on a scale of 1 (very low) to 10 (very high) how happy you are with that particular aspect of your life, and then shade each segment up to the 'happiness' level you have chosen (see the following page for an example if you like).



Once you can see any areas which may be out of balance with the rest, choose one which you are going to focus on to improve it, write it here and put the date next to it:

Area to improve \_\_\_\_\_ Date: \_\_\_\_\_

This is an example of a completed Life Balance wheel might look:

