

Life Balance Wheel Exercise

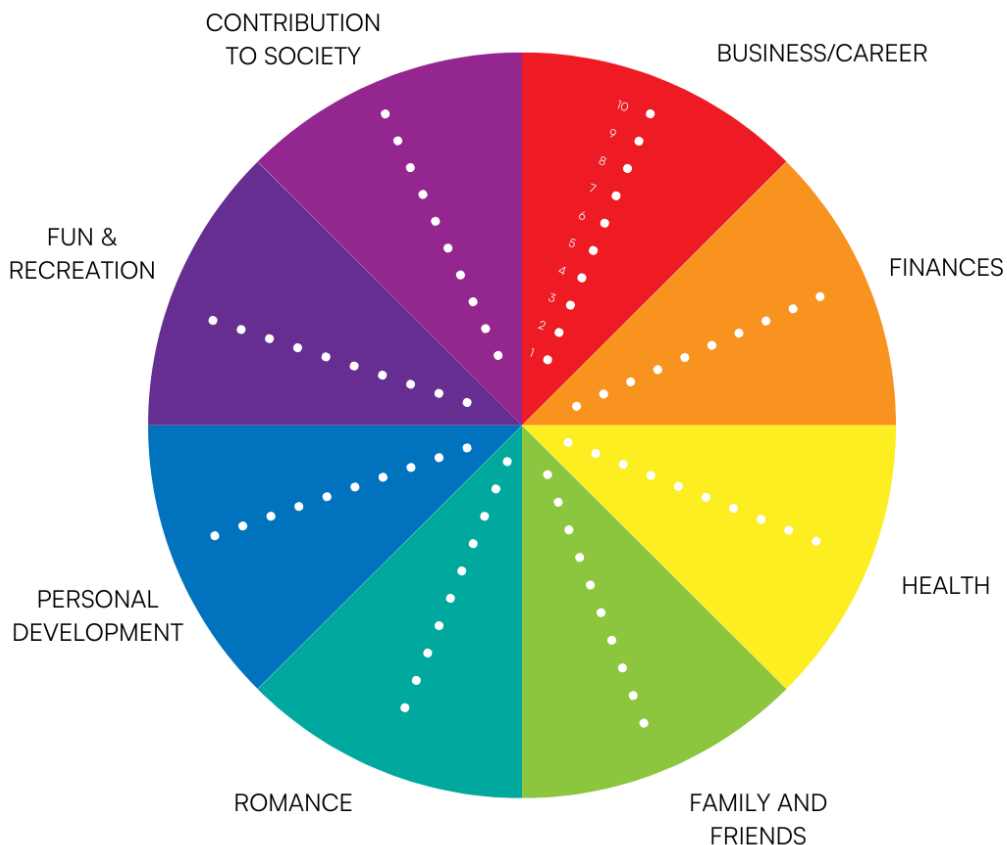
Name:

Date:

Instructions

- 1. Divide the Wheel:** Draw a large circle on a piece of paper and divide it into segments. Label each segment with an area of your life you want to focus on (e.g., Career, Health, Relationships, Finances, etc.).
- 2. Rate Each Area:** Rate your current level of satisfaction or the amount of attention each area is currently receiving from 1 to 10, with 1 being the least satisfied or least attention and 10 being the most.
- 3. Plot Your Ratings:** Draw a line across each segment at the point that corresponds to your rating for that area. This gives you a new "edge" to the wheel.
- 4. Analyze the Wheel:** Take a good look at your completed wheel. Does it look balanced or are there areas that are lagging behind?

Here's an example:



Areas to Consider:

- **Career:** Are you satisfied with your job? Is there room for growth?
 - **Health:** How would you rate your overall health and wellness?
 - **Family and Friends:** Are your relationships fulfilling?
 - **Romantic:** If applicable, how satisfied are you in your love life?
 - **Financial:** Are you financially secure? Do you have debts?
 - **Personal Growth:** Are you learning new things? Do you feel you're growing as a person?
 - **Fun and Leisure:** Do you have time for hobbies, relaxation, and the things you enjoy?
 - **Physical Environment:** Are you satisfied with your living conditions?
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Questions for Reflection:

1. **Which area(s) require immediate attention?**
 2. **What steps can you take in the short term to improve these areas?**
 3. **What are your long-term goals for each segment?**
 4. **How can you balance multiple areas without feeling overwhelmed?**
 5. **What resources or support do you need to achieve a balanced life?**
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This template is meant to be a guide and you can adapt it as needed. After you've filled it out, use the information to create actionable steps towards improving your life balance.