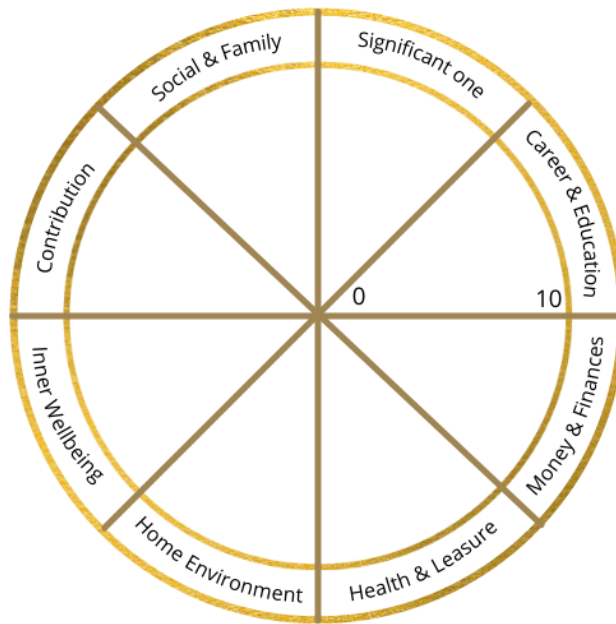
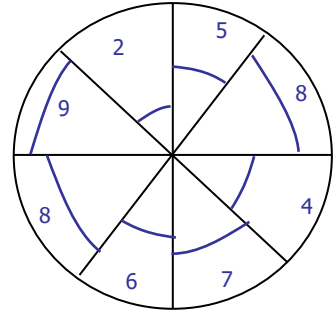


Your Wheel of Life!

YOUR NAME:

TODAY'S DATE:

EXAMPLE



COMPLETE THE WHEEL & WORKBOOK:

- 1. Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- 2. Next, draw a line across each segment that represents your satisfaction score for each area.**
 1. Imagine the centre of the wheel is 0 and the outer edge is 10
 2. Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
 3. Now draw a line and write the score alongside (see example above)
4. A personal vision statement is just "the best case scenario" description of what you would like to achieve or accomplish in each of your main life area. These statements can become goals that you can commit to working towards over the next 6-12 months.

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it *should* be!

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Life Area 1:

Social & Family relationships

Enter a value between 1-10, 1 being not important, 10 being very important.

- | | | |
|-----|--|--------|
| 1. | How important are your family relationships? | ___/10 |
| 2. | How satisfied are you with your family relationships? | ___/10 |
| 3. | I am close to my family and our relationships are healthy. | ___/10 |
| 4. | How important are strong social relationships to you? | ___/10 |
| 5. | How satisfied are you with your social relationships? | ___/10 |
| 6. | I have close friendships with people I can be myself around. | ___/10 |
| 7. | I have a good social network/ I am part of social groups. | ___/10 |
| 8. | I am generally good at connecting with new people. | ___/10 |
| 9. | I get along with my neighbours and the people in my area. | ___/10 |
| 10. | The people who matter the most in my life accept me. | ___/10 |

Write a personal vision statement about one aspect of relationships that you would like to make changes in:

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Life Area 2: Love & Significant one

If a partner is not currently in your life but this is something you would welcome in your life, how important is each of these items for you?

Enter a value between 1-10, 1 being not important, 10 being very important.

- | | | |
|-----|--|--------|
| 1. | How important is your love relationship? | ___/10 |
| 2. | How satisfied are you with your love relationship? | ___/10 |
| 3. | I am close to my significant one. | ___/10 |
| 4. | We have common values and goals. | ___/10 |
| 5. | How important is to have common values and goals? | ___/10 |
| 6. | We spend quality time together & support each other. | ___/10 |
| 7. | How important is it to spend time together? | ___/10 |
| 8. | I feel loved and accepted for who I am. | ___/10 |
| 9. | I love and accept my significant one for who they are. | ___/10 |
| 10. | We enjoy being in each other's company. | ___/10 |

Write a personal vision statement about one aspect of your love relationship that you would like to make changes in:

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Life Area 3:

Career and education aspirations

Enter a value between 1-10, 1 being not important, 10 being very important.

- | | | |
|-----|---|--------|
| 1. | How important are career achievements to you? | ___/10 |
| 2. | How satisfying are your career achievements to date? | ___/10 |
| 3. | How fulfilled are you in your current work environment? | ___/10 |
| 4. | How much do you look forward to going to work each day? | ___/10 |
| 5. | Does your career stimulate and develop you as a person? | ___/10 |
| 6. | Do you have a healthy & rewarding work/ life balance? | ___/10 |
| 7. | How satisfied are you with your current working relationships? | ___/10 |
| 8. | Is your working environment positive and supportive? | ___/10 |
| 9. | Do you find contentment and fulfillment in your current career? | ___/10 |
| 10. | How urgently would you like a career change? | ___/10 |

Write a personal vision statement about one aspect of your career and education aspirations that you would like to make changes in:

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Life Area 4:

Money & Personal Finances

Enter a value between 1-10, 1 being not important, 10 being very important.

- | | | |
|-----|---|--------|
| 1. | How important is being financially effective to you? | ___/10 |
| 2. | How satisfied are you with your current financial effectiveness? | ___/10 |
| 3. | You have enough money to meet your current wants. | ___/10 |
| 4. | You have enough money to meet your current needs. | ___/10 |
| 5. | You know what your exact outgoings are each month. | ___/10 |
| 6. | You always know what's in your bank account/s. | ___/10 |
| 7. | How important is being generous to others to you? | ___/10 |
| 8. | How generous are you currently being towards others? | ___/10 |
| 9. | How much do you worry about your current financial situation? | ___/10 |
| 10. | How willing are you to step out of your comfort zone & explore new areas to generate more income? | ___/10 |

Write a personal vision statement about one aspect of your personal finances that you would like to make changes in:

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Life Area 5: Health & Leasure

Enter a value between 1-10, 1 being not important, 10 being very important.

- | | | |
|-----|---|--------|
| 1. | How important is your physical health to you? | ___/10 |
| 2. | How happy are you with your current physical health? | ___/10 |
| 3. | How happy are you with your physical fitness levels? | ___/10 |
| 4. | How important is having plenty of 'free' time to you? | ___/10 |
| 5. | How content are you with the amount of free time you have? | ___/10 |
| 6. | How much do you currently enjoy life outside of work or study? | ___/10 |
| 7. | Are you able to do things that you enjoy frequently? | ___/10 |
| 8. | I can handle my stress and anxiety levels effectively. | ___/10 |
| 9. | How satisfied are you with your current work/life balance? | ___/10 |
| 10. | I have room for improvements in my life outside of work and/or study. | ___/10 |

Write a personal vision statement about one aspect of your health & Leasure that you would like to make changes in:

The Life Balance Workbook

Life Area 6:

Home environment

Enter a value between 1-10, 1 being not important, 10 being very important.

- | | | |
|-----|--|--------|
| 1. | How important is managing routine tasks around the home to you? | ___/10 |
| 2. | How satisfied are you with how you currently handle routine tasks? | ___/10 |
| 3. | Are you disciplined in paying your routine household bills? | ___/10 |
| 4. | How important is prioritizing your responsibilities? | ___/10 |
| 5. | How satisfied are you with how you prioritize your responsibilities? | ___/10 |
| 6. | How important is a well-managed home environment to you? | ___/10 |
| 7. | How satisfied are you with your current home environment? | ___/10 |
| 8. | How important is it to make improvements? | ___/10 |
| 9. | How much do you worry about your routine responsibilities? | ___/10 |
| 10. | Is your home a space you like and enjoy being in? | ___/10 |

Write a vision statement about how you could become more efficient in managing your home environment/ routine responsibilities:

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Life Area 7:

Inner Wellbeing

Mental, Emotional, and Spiritual Health

Enter a value between 1-10, 1 being not important, 10 being very important.

- | | | |
|-----|--|--------|
| 1. | How important is being mentally healthy (and strong) to you? | ___/10 |
| 2. | How mentally healthy (and strong) do you currently feel? | ___/10 |
| 3. | How important is being emotionally healthy (and strong) to you? | ___/10 |
| 4. | How emotionally healthy (and strong) do you currently feel? | ___/10 |
| 5. | Are you confident and secure in who you are as a person? | ___/10 |
| 6. | How fulfilled are you with the way in which you're currently living your life? | ___/10 |
| 7. | How important is being spiritually healthy (and strong) to you? | ___/10 |
| 8. | How spiritually (and strong) do you currently feel? | ___/10 |
| 9. | I regularly invest time into developing myself spiritually | ___/10 |
| 10. | I am consistently competent at managing my emotions. I have good self-control. | ___/10 |

Write a personal vision statement about how you can begin developing yourself mentally, emotionally and spiritually:

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Life Area 8:

Contribution & Giving back to society

Enter a value between 1-10, 1 being not important, 10 being very important.

- | | | |
|-----|--|--------|
| 1. | How important is contributing back to society & making a difference to you? | ___/10 |
| 2. | How satisfied are you with how much you currently give back to society? | ___/10 |
| 3. | You regularly make a positive impact in the lives of other people. | ___/10 |
| 4. | How satisfied are you with the amount of difference you make in the lives of others? | ___/10 |
| 5. | How important is leaving behind a meaningful legacy to you? | ___/10 |
| 6. | How happy are you with the current legacy that you would leave behind? | ___/10 |
| 7. | How much do you encourage and support those closest to you? | ___/10 |
| 8. | My time is mainly consumed focusing on myself and my immediate needs. | ___/10 |
| 9. | You get involved with and support a social initiative that you genuinely believe in. | ___/10 |
| 10. | Those closest to you find immense value in you. | ___/10 |

Write a personal vision statement about how you could begin making a greater impact in your culture or society:

The Life Balance Workbook: Self-reflection

1. Summarize what your ideal life would be like.

2. What are the main challenges (or difficulties) that you're facing in bringing your life back into balance?

3. What areas of your life are working really well for you at the moment? (family, work, etc)

4. What immediate changes do you need to make your life to feel more balanced?

5. What words might other people use to describe you? (In relation to how balanced you are)

The Life Balance Workbook

Finally...

It's important to remember that life balance is an ongoing process and not just a means to an end.

Life balance is much more than merely stating that you want something to happen, but is more about indicating the specifics of what you are **GOING TO MAKE** happen!

Unless you define the specific goals that you have for each of your main life areas, the chances of you actually achieving these goals will always be somewhat limited.

Hopefully by now, though, you have set some goals for yourself that are significant, meaningful, and will improve the quality of your life (or others), once you have put in the hard work to achieve them.

So, the question I leave you with is, which of your 8 main life areas are you going to bring back into balance first?

