

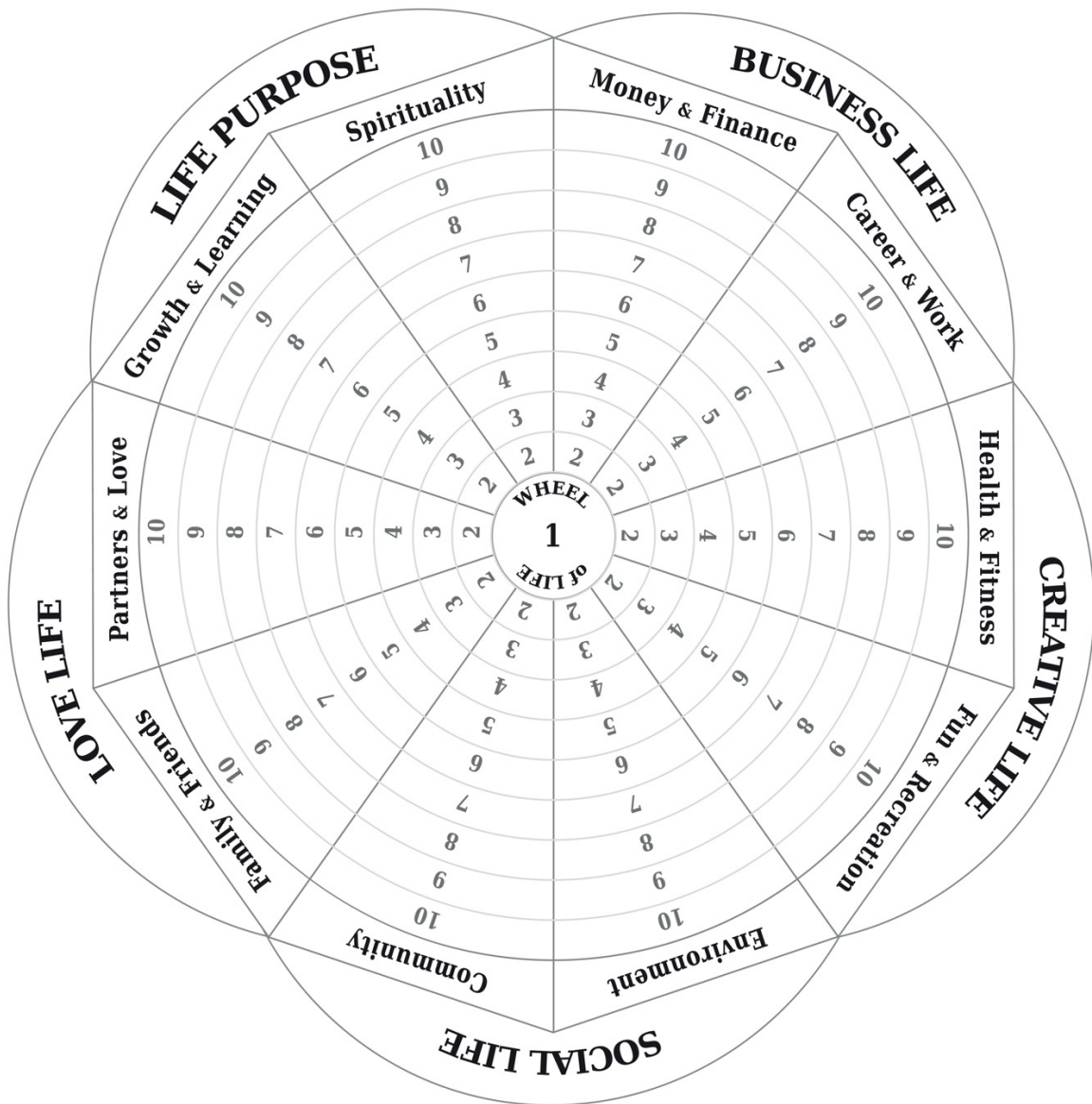
Exercise #2 The Life Wheel

When I think about myself, I see a network of relationships, thoughts, activities, desires, fears, hurts, mountain, and valleys, and it gets overwhelming. We are complex creatures as human beings. I am a daughter, a friend, a wife, a mother, an employee, a project manager, a writer, etc. and I am just me. Our lives are so demanding that it is very easy to feel like all I do is spin plates and scramble to keep any of the important ones from crashing and shattering.

I want to introduce a tool called the Life Balance Wheel or Life Wheel. This helps you evaluate the different areas and aspects of your life to see where you are balanced or out of balance. It can also show you where you are satisfied or unsatisfied in your life so you can determine where to take steps to change.

Steps to complete the Life Wheel:

1. Look at the categories or headings on the chart. Are there areas of your life that are not represented? Exchange your idea for one of the existing headings.
2. For each category, evaluate on a scale of 1 – 10 (1 = highly dissatisfied and 10 = high satisfied) where you currently rate your life.
3. Complete each section thoughtfully and be sure to respond to how life is, not what you want it to be.



The power of the Life Wheel is a visible representation of your reality. Knowing we cannot effectively work on all areas at the same time, this gives you an approach to pick a category that is out-of-balance and begin to work on it.

If you are more visual, use different colored pens to fill in the categories by coloring them from the middle out. You can also circle the numbers or just draw a line to show where you're at. Since you have the .pdf of this document, you can also revisit this exercise in 3 or 6 months to see what has changed and make a new valuation of where to invest your focus.