

PERSONAL BALANCE WHEEL

The Balance Wheel is a means of taking stock. It is not about 'looking good'. Its focus is on what is true for you right now. This is *your* assessment, not anyone else's. This inventory asks how satisfied you are. Right now. According to your standards.

It is a snapshot. This wheel changes day-by-day and year-by-year. What you say *yes* to and what you say *no* to will affect each of the wedges. When you look at the overall balance of the wheel, notice what strikes you.

INVENTORY – WHEEL OF LIFE

Directions: The eight sections in the Wheel of Life represent balance. Regard the centre of the wheel as a '0' and the outer edge as '10'. Rank your level of satisfaction within each life area, by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents the Wheel of Life.

How bumpy would the ride be if this were a real wheel?

