

Reframe Your Life

Balance Wheel



Activity:

1. Assess each area above for where you are in your life right now. Give a rating of 0 = low and 10 = high
2. Join the marks to create a circle shape of the wheel. Does your wheel look and feel balanced? Remember, balanced doesn't necessarily mean everything should be a 5. Some areas will need more focus than others at different times in your life.
3. Consider your ideal level - what does a balanced life mean to you?

4. Take action. Where are the gaps? These are the areas that need attention. Gaps can include areas where you have too much focus or too little focus.
5. You can also create your own wheel of items that are important to you for overall life balance. Write your categories on the blank wheel and go through the same assessment process.

