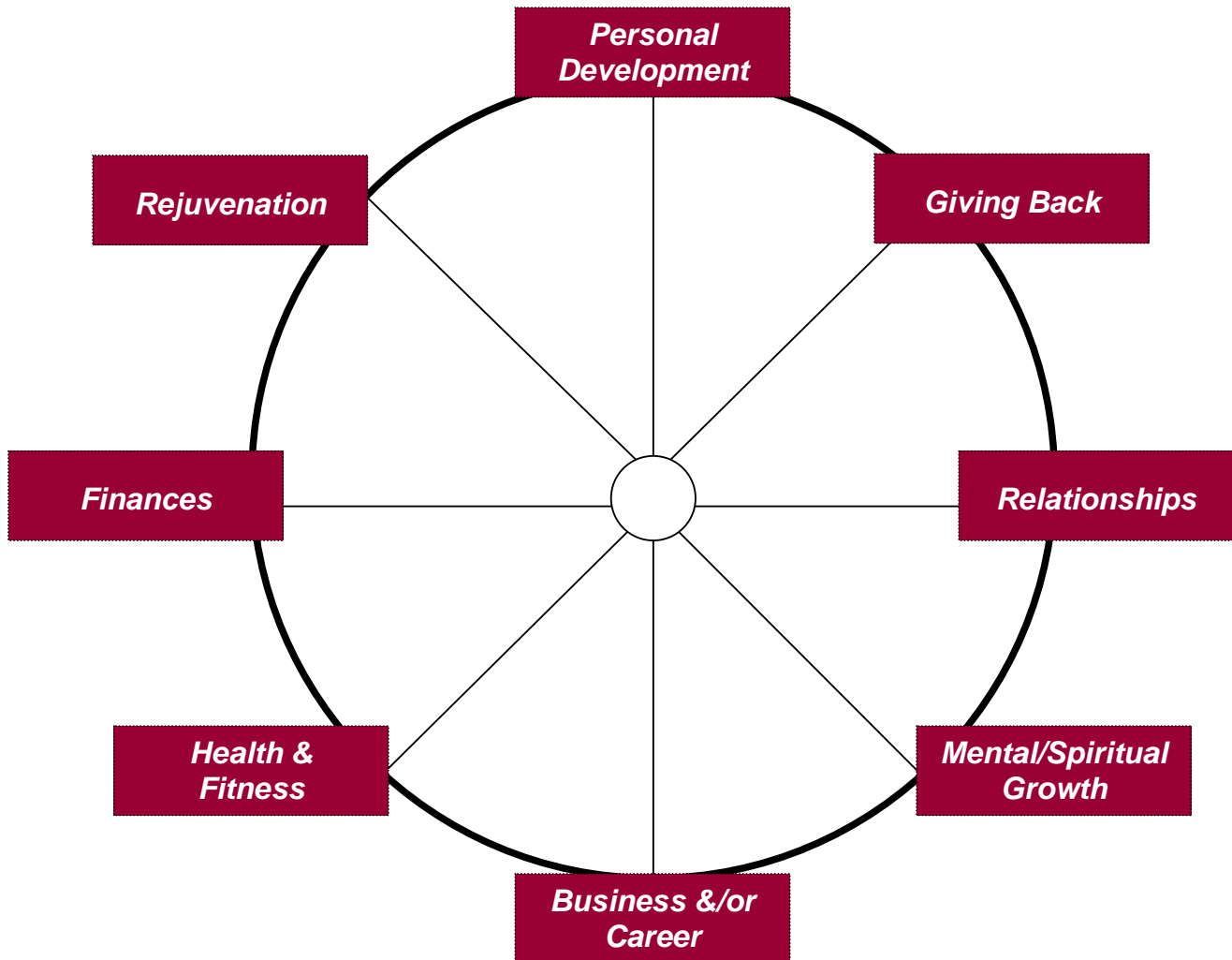


## Life Balance Profile

Name ----- Date-----



The headings on each of these spokes are broad life areas and you may prefer to nominate your own. Try this exercise to assess where you are 'at'.

1. Imagine that each spoke of the wheel is graded from 0 in the centre to 10 at the outer edge.
2. Mark on each spoke where you feel you are most satisfied, most fulfilled in that area of your life ie if you mark '0' for that area you would be feeling totally unhappy about it; if you mark '10' you are feeling totally satisfied and fulfilled.
3. Now focus on **one or two areas** where you would most like to improve the quality of your life.
4. Decide on **one or two things** you could do and **would really like to do**, to make those improvements; make them tangible and realistic, write them down, make a commitment to do them and start immediately. For example, If you want to spend more time with your family, your commitment might be to go to a film with your partner once a month. You would then write dates in a diary or calendar and **do it**.

The exercise can be much like New Year Resolutions, if you let it. The main difference is that you should aim to take small steps. If you can start by doing something immediately to fulfil your commitment, you will begin to train your self to change. For instance you might go to a film that very week and focus on what was enjoyable about it. Most of us are creatures of habit and let slip the things that are too hard, or that we take for granted; or we focus on what we perceive as the immediate concerns, often work or the business.

This wheel may help to remind you what you most value so you can reflect on how to achieve a balance.