

Life Balance Wheel Exercise

LIFE BALANCE WHEEL EXERCISE

Name: _____ Date: _____ dd / mm / yyyy

Instructions: Divide the Wheel: Draw a large circle on a piece of paper and divide it into segments. Label each segment with an area of your life you want to focus on (e.g., Career, Health, Relationships, Finances, etc.). Rate Each Area: Rate your current level of satisfaction or the amount of attention each area is currently receiving from 1 to 10, with 1 being the least satisfied or least attention and 10 being the most. Plot Your Ratings: Draw a line across each segment at the point that corresponds to your rating for that area. This gives you a new "edge" to the wheel. Analyze the Wheel: Take a good look at your completed wheel. Does it look balanced or are there areas that are lagging behind?

Career: Are you satisfied with your job? Is there room for growth?

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1 2 3 4 5 6 7 8 9 10

Health: How would you rate your overall health and wellness?

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1 2 3 4 5 6 7 8 9 10

Family and Friends: Are your relationships fulfilling?

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1 2 3 4 5 6 7 8 9 10

Romantic: If applicable, how satisfied are you in your love life?

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1 2 3 4 5 6 7 8 9 10

Financial: Are you financially secure? Do you have debts?

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1 2 3 4 5 6 7 8 9 10

Personal Growth: Are you learning new things? Do you feel you're growing as a person?

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1 2 3 4 5 6 7 8 9 10

Fun and Leisure: Do you have time for hobbies, relaxation, and the things you enjoy?

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1 2 3 4 5 6 7 8 9 10

Physical Environment: Are you satisfied with your living conditions?

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1 2 3 4 5 6 7 8 9 10

Which area(s) require immediate attention?

What steps can you take in the short term to improve these areas?

What are your long-term goals for each segment?

How can you balance multiple areas without feeling overwhelmed?

What resources or support do you need to achieve a balanced life?