

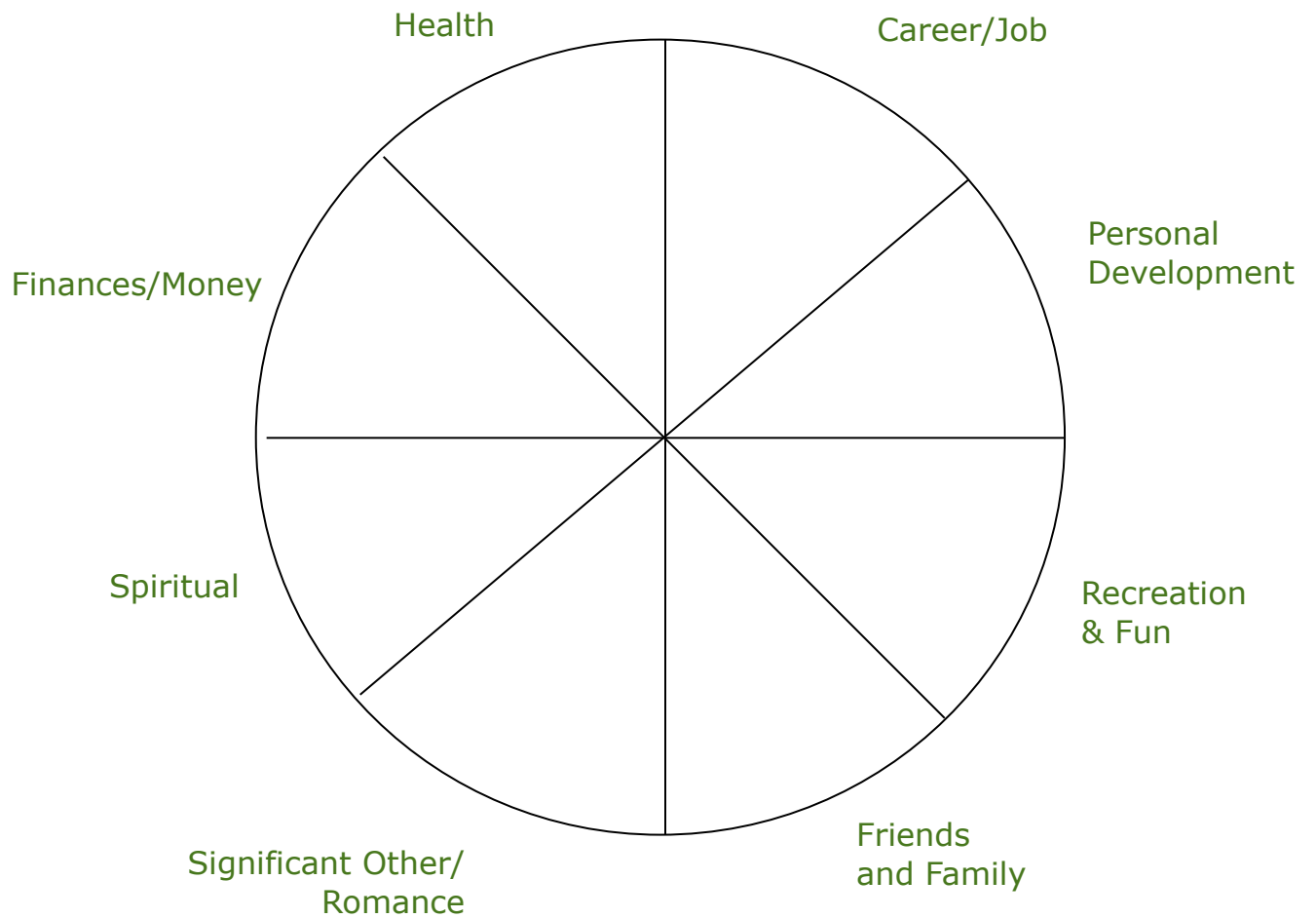
# BALANCE WHEEL



Discover your inner compass & Redirect your future

NAME: \_\_\_\_\_

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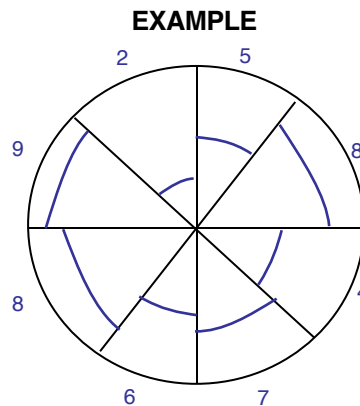


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The purpose of the Balance Wheel exercise is to help you become aware of your current state(s) of balance or imbalance in your life. The categories shown on this balance wheel are suggestions, so change them to suit your life.

1. Rank your current level of satisfaction in each area of life from 0-10 (10 being the best or already fulfilled), maybe make a dot in the wedge representing the number.
2. Draw a curved line at your ranking spot to create a new outer edge.
3. This new perimeter of the circle represents your new *LIFE BALANCE WHEEL*.

Most people find it helpful to list both what is already successful in each category and also what is missing. This will help to give you a good picture of what number to rate each category.



Now looking at the example, you can see the wheel is out of balance. The balance wheel is a great starting point to help you clarify your current state and future short and long term goals. Are you surprised by anything you see in your wheel? Is anything jumping out at you, alerting you to an area that warrants immediate attention. Remember, "it always seems impossible until it's done".  
Nelson Mandela

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