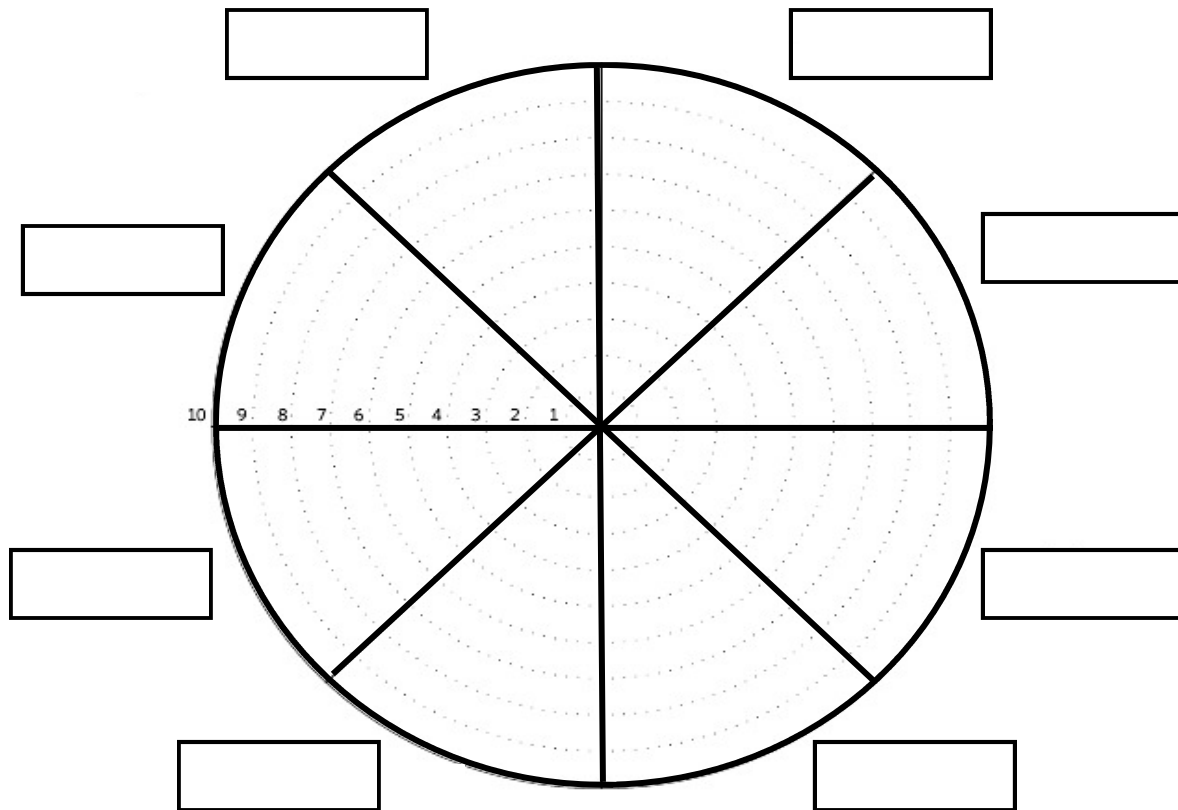


Balance Wheel Activities



Name: _____ Date: _____

Complete the wheel by scoring each area of your life—as it is today—with a 1-10 ranking that represents the percentage (1=10%) of your energy that this area currently receives. Shoot for 100% total. Keep it simple!

Next, use a different color and again rank each area 1-10 for how satisfied you are with the energy you put into this area or how well it is working for you.

Finally, just consider what would be ideal for each area given what you know about you, about your goals and dreams, about the “gotta do’s” in life.

How might you refocus your energy to make the wheel of your life a smoother ride? How might you change the quality of the time and energy you spend in each segment of the wheel?

HOW DO WE SPEND OUR PRECIOUS TIME AND ENERGY?

Career or Education/Academics
Money (Job or Obsession with)
Primary Relationship
Family and other meaningful relationships
Physical Environment/Household
Spirituality, Personal Growth, Alone Time
Health/Exercise/Sleep
Creativity
Fun and Recreation
Social Life

These categories are just ideas. You may group them in new ways, add your own. What consumes your time? What doesn't but you want it to?

Select 8 categories and fill in the boxes on the form.