

Life in Balance Wheel.

A simple plotting tool to help consider the different aspects of your life, and identify which ones you're happy with and what might need to change.



Most of us seek to balance the various parts of our lives, spending time in a career or role that brings us a sense of purpose and enjoyment, whilst enabling us to engage with the other aspects of our lives that bring joy, meaning and satisfaction.

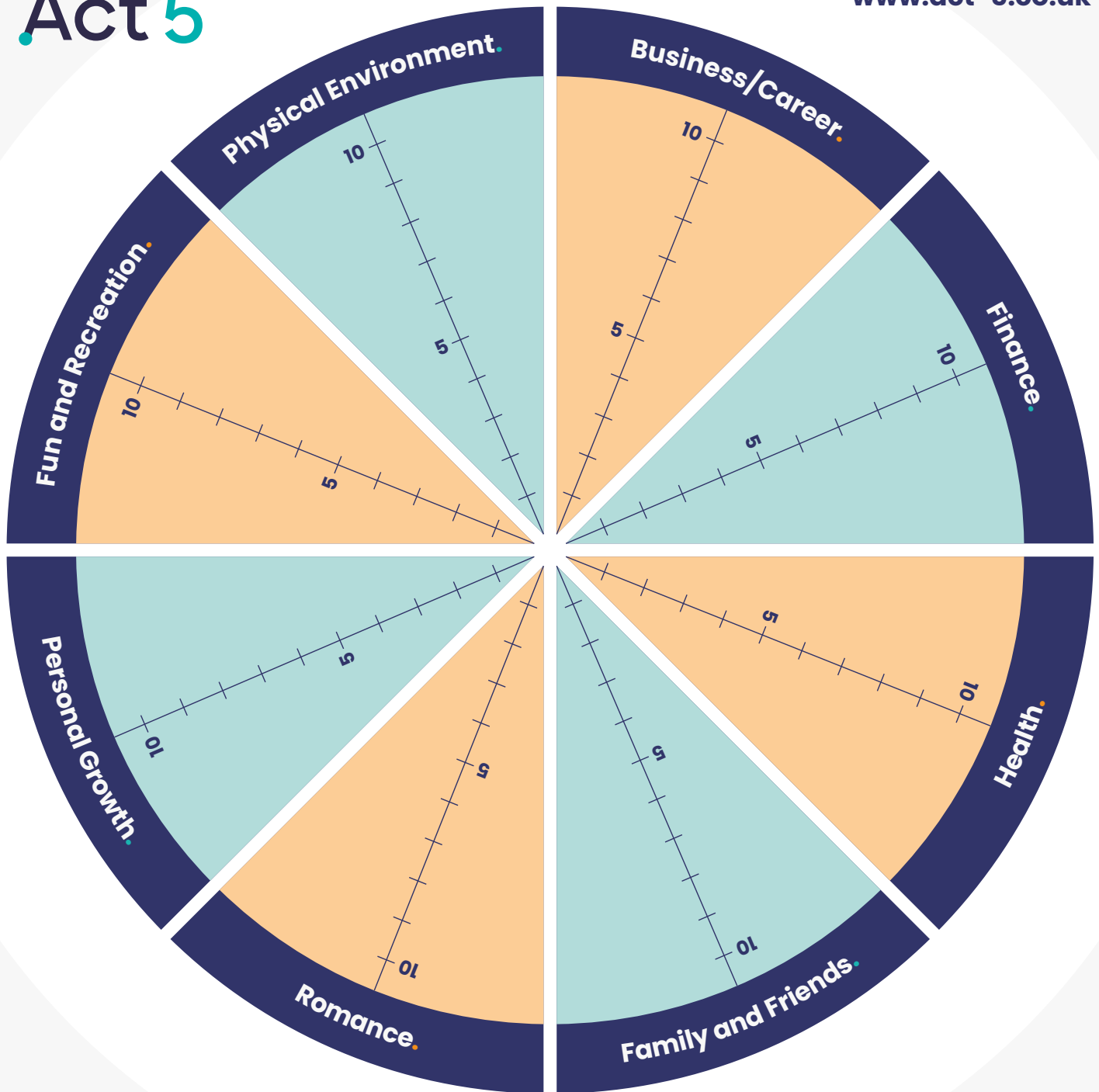
When life is busy, it's all too easy to find yourself off balance, not paying enough attention to important areas of your life. A major event or setback can also cause you to question whether you've got things in your life balanced appropriately.

The Life in Balance Wheel helps you to examine the various dimensions of your life, and weigh up your satisfaction with them at present and into the future.

How to do it:

1. On the following page there is a Life in Balance template, with eight elements, including Personal Growth, Health and Business/Career. If you some of these elements aren't relevant for you, feel free to change them or add/reduce the number of dimensions.
2. Then, using a blue pen, mark each element with an "N" according to how satisfied you are in these areas of your life now, on the scale of 0 to 10 – where 0 means completely dissatisfied and 10 means completely satisfied.
3. Using a straight edge, join the N's together. This will create a simple spidergram.
4. Now using a different coloured pen, mark the each area wheel with an "F" as to where you'd like to be in the foreseeable future. Use the same 0 to 10 criteria as before in terms of what would feel good for you.
5. Again, join the F's together. You now have two spidergrams on the same sheet.

For more information, help or advice, please email support@act-5.co.uk



Now consider your Life in Balance Wheel, either on your own or with a trusted friend.

- How balanced is your life, in terms of what's important to you? A balance does not mean 5's everywhere: some areas will be more important than others for you.
- How close together are the lines you've drawn? The closer aligned your Now (N) and Future (F) lines, the more satisfied you're likely to be with your life currently.
- Where are the biggest differences between the N and F ratings on your wheel? Some areas may need more attention and focus than others at any one time.
- What conflicts exist between the different elements that you'll need to manage – or may become an issue if you start to change?
- Pick out two or three areas where there are the biggest differences, and consider a small step that you could take to close the gap between your N and F ratings.

The Life in Balance Wheel is a snapshot of how you feel on the day of completion, and you may wish to revisit it regularly to chart progress and consider changes that may impact on your life priorities.