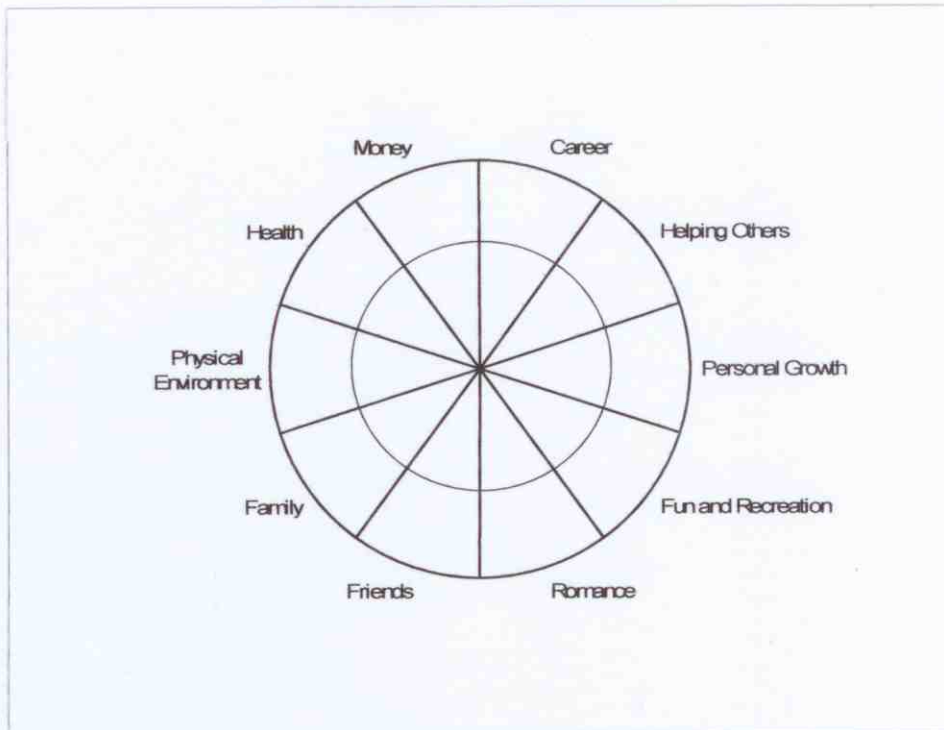




LIFE BALANCE EXERCISE



If the center of the wheel is zero and the outer rim is a ten, rate your personal satisfaction with each of the categories on the wheel by drawing a line at the appropriate level.

None of the elements on the wheel can be viewed in isolation as together they make up a model of the “whole you”. For example, it is unreasonable to expect someone who is experiencing marital problems or health problems to be achieving their full potential in other areas such as career, personal growth or helping others. Similarly, if one is in a career or role that is a poor fit for them, it is likely the stress of that situation will have some impact on health, fun and romance.

Use the rating of your current situation to focus your attention on changing it. Consider one small thing that you could accomplish that will improve your rating and then commit to doing that within a specific period.

Review and re-evaluate the wheel on a regular basis.