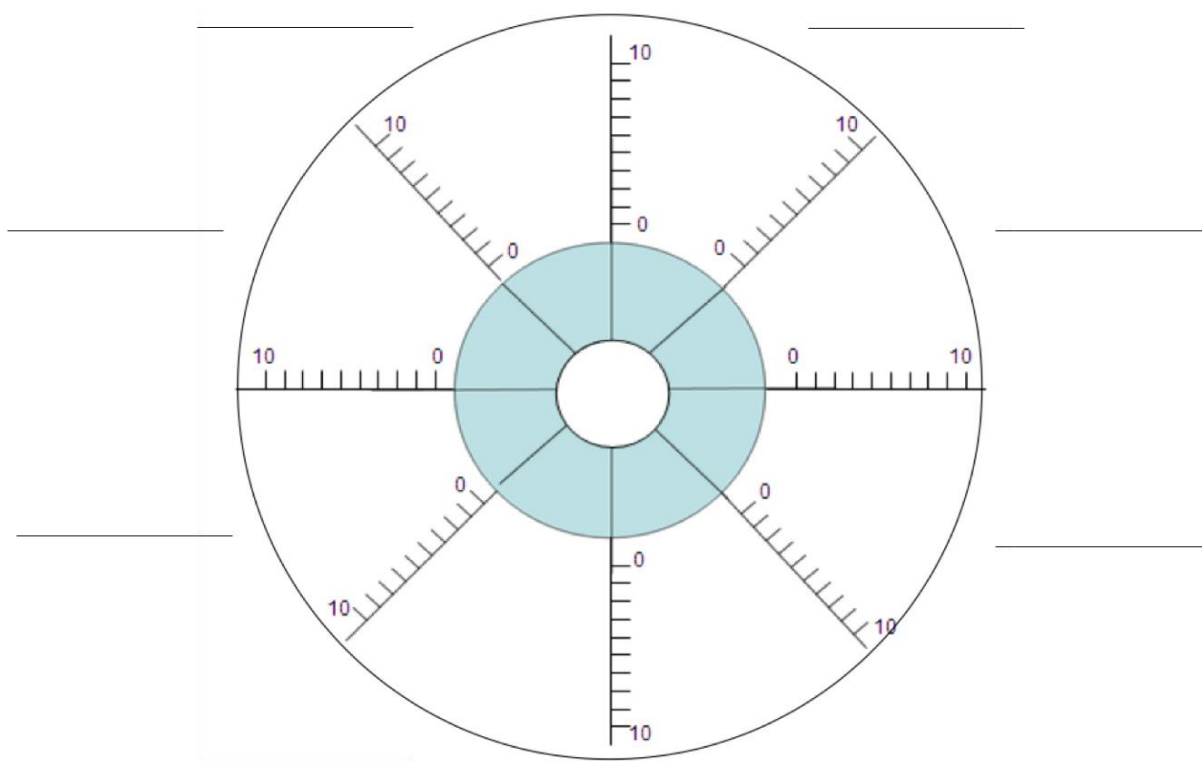


Mini Wheel of Life Worksheet



Things I will START doing to re balance my life

- 1.
- 2.
- 3.

Things I will STOP doing, reprioritise or delegate

- 1.
- 2.
- 3.



Instructions

When life is busy, or all your energy is focused on one project, it is easy to find yourself feeling off balance or not paying enough attention to important areas of your life or your wellbeing. While it is good to have drive and focus, taking this too far can lead to increased levels of stress and anxiety.

Taking a helicopter view of your life and considering where your energy, time and effort goes can help in assessing your life balance (or challenge you might be facing) and identifying areas that may need attention or action.

1. Start by brainstorming the 8 priorities of your life (school or business) that are important to you and that you can take ownership for. Capture these on the blank lines around the wheel.
2. Assess each of these assuming that you are happy, satisfied and fulfilled. Consider the time you are currently allocating to each area.
0 = you feel dissatisfied in this area and 10 = you feel completely satisfied in this area at the moment.
3. Draw a line in each section on the score you have given it.
4. Take a minute to reflect and appreciate your Wheel of Life. What does it look like? Are there any surprises?
5. A balanced life does not mean getting the same score in each area: some areas need more attention than others at any time. You will need to make choices and compromises as your time, energy and effort are not in unlimited supply!
6. Consider where the gaps are and which areas need attention. Some areas may be sapping your energy and enthusiasm which may be better directed elsewhere.
7. Now that you have completed your Wheel of Life and identified areas that need attention, capture 6 actions in the space provided below the wheel (including a date) that will enable you to find balance and wellbeing in your life.