

BALANCE WHEEL OF LIFE

The Balance wheel of life is a great tool to help you reflect on overall life satisfaction in the given moment. Using the categories below, or categories specifically relevant to you, rate each area on a scale of 1-10 with 10 being greatest for each of the three reflection questions.

Draw a colored dot on the line that represents your ratings (use a separate color for each question). Then connect all the dots of one color.

1. How much energy do you spend weekly in this area?
2. How important to you personally is this area of life?
3. How satisfied are you with this area of your life in the current moment?

1. Are there any areas of life with great differences between the 3 ratings?
2. Are there areas which you can see value spending more energy? are there places you want to spend less energy?

