

MindShifts

WHEEL OF LIFE

These 8 sections represent balance and this exercise will help clarify priorities for goal-setting, allowing you to plan so that your life is closer to your definition of balance.

Directions: For each section of the wheel, circle the number that represents your current level of satisfaction. The higher the number, the more satisfied you are in that area. Now draw a line between each circled number to connect all 8 sections. So is your life really well rounded? Is it perhaps a little skewed or lopsided? How balanced is your wheel?

By understanding where the disparity lies, you may identify what you need to work on to bring your life into greater balance.

