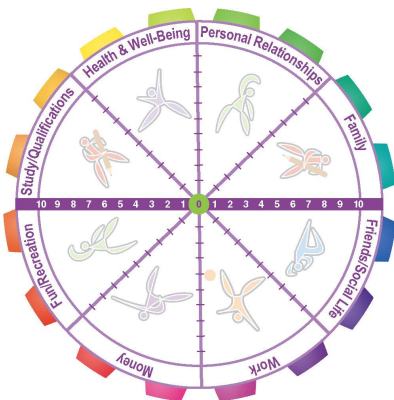


# Balance Wheel

The **'Balance Wheel'** provides a clear, graphic way to identify where the imbalances are in the different areas of your life.

The eight spokes of the wheel represent different aspects of your life.

The centre of the wheel is at **'0'** which means you are **completely dissatisfied** and the outer edge is **'10'** meaning you are **totally satisfied**.



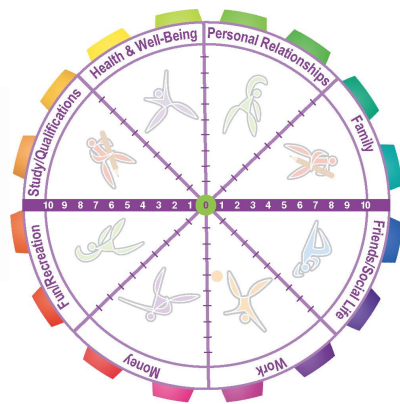
- Work your way around the wheel and give each aspect of your life a mark out of 10.

Remember, this does not represent the amount of time you spend but your level of satisfaction.

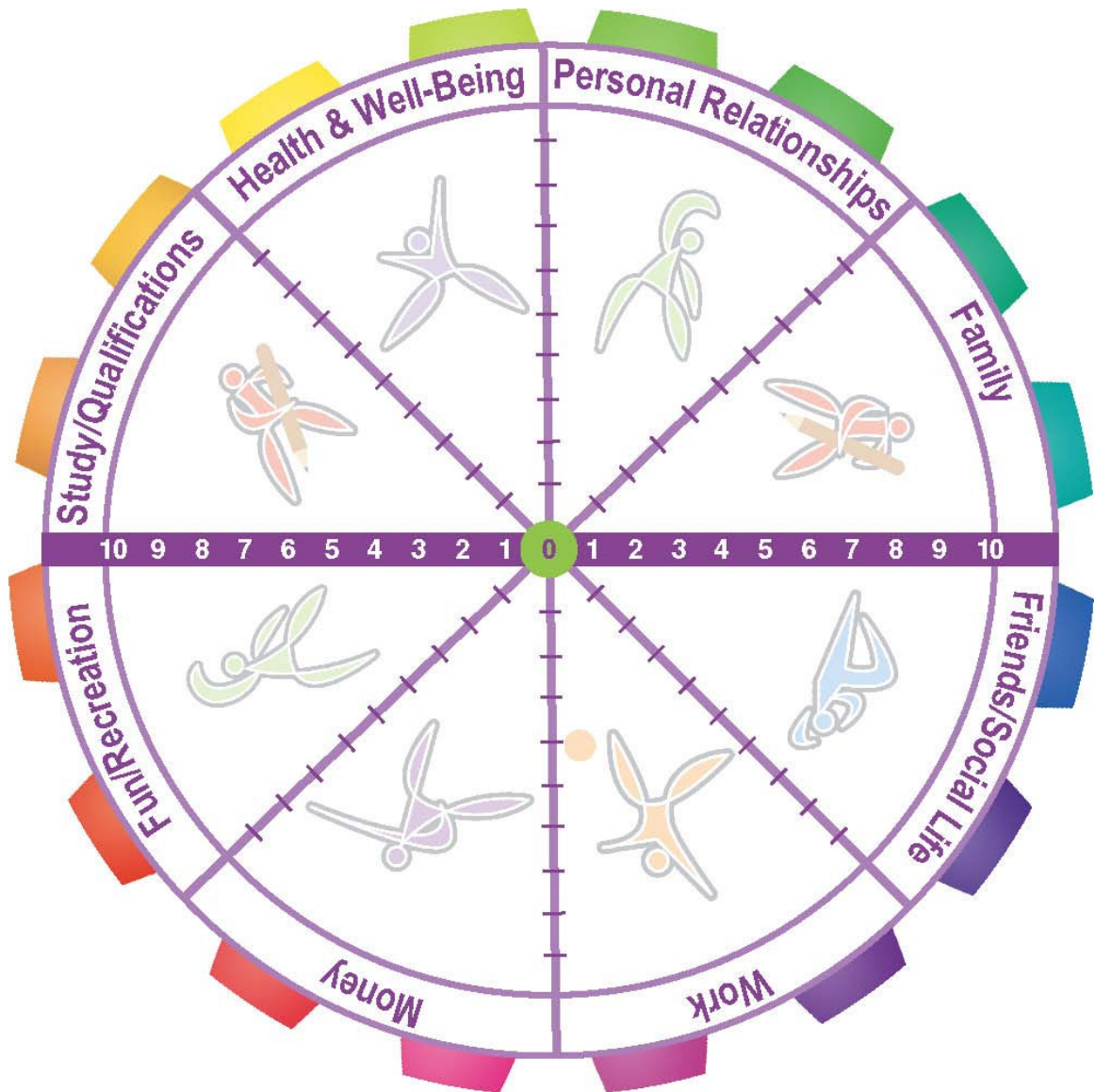
- Take five minutes and reflect on the areas of your life as represented on the 'Wheel of Life' on the following page. Mark a cross out of ten on each spoke
- Be totally honest with yourself. Ask yourself 'how satisfied am I with this area of my life?'
- Once you have considered all the areas, draw a line around the wheel to join all the crosses. As shown in the image below:

"Health is a state of complete physical, mental and social well-being and not necessarily the absence of disease or infirmity."

- World Health Organisation



# Balance Wheel





# Balance Wheel

Once you have completed your **'Balance Wheel'**, consider the following questions:

- How balanced is the wheel?

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- Can you imagine travelling on a car journey with wheels that shape?  
What would the journey be like?

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- Which areas of your life are you currently most satisfied with?

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- Which 3 areas require the most improvement?

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