



2. The 'Balance Wheel'

The '**Balance Wheel**' is one tool that can be used to identify areas for setting goals. It provides a clear, graphic way to identify where the imbalances are in the different areas of your life.



The eight segments 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.

- On the following page there is a blank image of a Balance Wheel. Take five minutes and reflect on the areas that are important in your life at the moment. Write these in the blank spaces on the outer edge of the wheel. You can use the labels shown here or others that are more important to you i.e. spiritual health and contribution.
- Be totally honest with yourself. Ask yourself 'how satisfied am I with this area of my life?' Then draw a line across each area from '0' to '10' as applicable.
- Once you have considered all the areas, join all the lines to form a shape.

As shown in the image on the right.

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

- World Health Organisation

