

The **Balance** Wheel

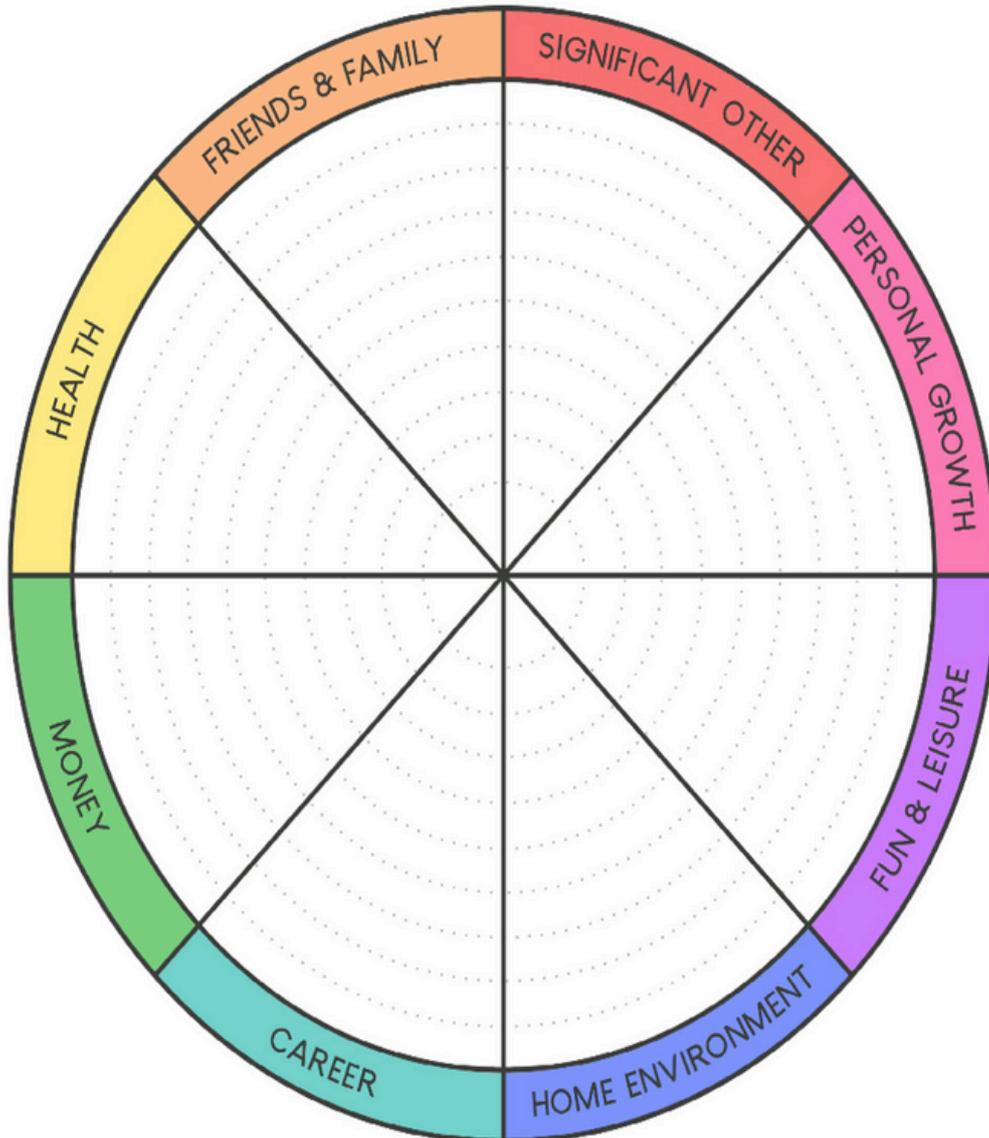
A self-reflection tool that helps you quickly see where your energy, time, and focus are out of sync across work, leadership, and life..



Balance Wheel

Name _____

Date _____



COMPLETE THE WHEEL

- Review the 8 wheel categories - think what satisfying might LOOK like for you in each area.
- Next, draw a line across each segment, that represents your current satisfaction for each area.
 - Imagine the centre of the wheel is 0, and the outer edge is 10
 - choose a value between 1 (very dissatisfied), and 10 (fully satisfied)
 - Now draw a line and write the score alongside it.

NOTE: use the first number that pops into your head, not the number you think it should be.