

Facilitator Guide: Lifestyle Balance Wheel

Introduction: Why Lifestyle Balance Matters

You Say:

"Recovery is about more than just stopping a behavior of concern. It's about building a life that feels meaningful and sustainable. A balanced life supports long-term change and helps us avoid lapses by making space for the things we value most."

Key points to highlight:

- Living a balanced life can increase **happiness, motivation, satisfaction, and stability**.
- When one area of life is neglected, it can throw everything else off balance.
- This tool helps participants **visualize how they spend their time** compared to what they value.
- This is a tool that works best when you have handouts, a shared screen, or your own version drawn on a whiteboard.

Step 1: Introduce the Lifestyle Balance wheel

You Say: "Let's imagine your life as a wheel. Each section represents a different area of life."

Draw a circle and divide it into eight sections or refer to the tool in your handbook. Label each one with the categories above."

Then say: "Now, imagine each section has a line through the middle. The center of the wheel is 0 (totally dissatisfied) and the outer edge is 10 (completely satisfied)."

Ask the group:

- "How satisfied are you with each area of your life right now?"
- "Where would you rate each slice on a scale of 0–10?"
- "Would anyone like to share theirs as an example?"

Draw marks based on participants' input and connect the dots to create a new shape within the pie.

You Say: "Now take a look at this shape. If this were a tire, how would the ride feel—smooth or bumpy?"

Step 2: Reflection and Discussion

Ask the group:

- "What stands out to you about your life pie?"
- "Are your true values reflected here?"
- "If you had one month to live, would this be how you want to spend your time?"
- "Is there too much or too little in one area?"
- "What's one area you'd like to give more attention to?"

Facilitator Quick Tips:

- Keep the tone supportive and nonjudgmental.
- Normalize that balance changes over time.
- Encourage small shifts toward the areas that feel neglected.

Step 3: Encouraging Action

You Say: "If your pie feels out of balance, that's okay. This tool isn't about getting it perfect, but about noticing where things are and where you might want to make a change."

Ask:

- "What's one small action you could take this week to bring more balance into your life?"

Optional follow-up prompts:

- What area needs more attention?
- Is there something you've been putting off that you'd like to make space for?
- What would 'rounding out' your life look like?
- What other tools might help us get our life balanced? (Change Plan, Plan Your Week)

Summary

The **Check Your Lifestyle Balance** tool helps participants reflect on how they're spending their time and whether it aligns with their values. It supports recovery by encouraging a full, satisfying life—not just one focused on avoiding risk.