

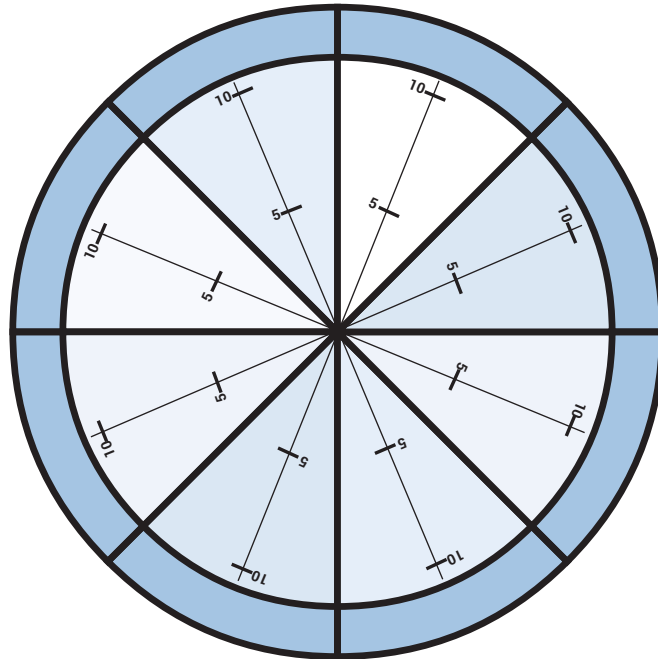
Tool 6.1: Check your lifestyle balance (lifestyle balance wheel⁴)

Date:

Each spoke of the wheel represents an area of your life. Examples include family, friends, spirituality, romance, health, career, and finances. Some of your values (page 27) might also appear.

Rate your satisfaction (not how much energy you spend) in each aspect of your life by putting a dot on the center line. The outside edge is totally satisfied, while the inner corner is totally unsatisfied. Then connect the dots and see what shape you get. The rounder the wheel, the more balanced your life is.

See an example and tips on the next pages.



Highest-scoring categories	Lowest-scoring categories
1	8
2	7
3	6
4	5
<p>Ask yourself:</p> <ul style="list-style-type: none"> • Would this wheel roll? • What areas need more or less attention? • How well does my wheel reflect my values? • Am I involved in too much? • How much time do I spend caring for others? For myself? 	<p>Notes and plans:</p>