

Wheel of Balance Exercise



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The Balance Wheel is a tool that helps you identify priority areas of your life for **YOU, FOR NOW**. It is a way to explore and focus your efforts to help you move forward in a positive and productive way helping improve each area of your life that are your current highest priorities. Feel free to use this tool over, and over again as life moves and changes priorities change - this tool helps you gain clarity and focus whenever you need it.

How to use the tool:

Step 1 - The Wheel: Select 8 priority areas of your life, **for now** (use suggestions below). Assign each a slice in the wheel template (see example slide). Rate your current level of satisfaction with each out of 10. Go with whatever comes to mind - it's not about being at 10, it's about finding areas to work on.

Step 2 - Defining Outcomes: Explore what 10/10 looks like for each area (remember, this is just for now - not the rest of your life).

Step 3 - Design the Plan: Select 1 of your 8 priorities to focus on for now. Out of 10 score what level of satisfaction you feel right now, not ultimately. 10 being very satisfied, 1 being not satisfied at all. Go with your gut on this.

Step 4 - Refine the Plan: In the Goals section, identify 3 actions you could take in each area to move up 1 score (i.e from 2/10 to 3/10).

Step 5 - My Approach: In the actions section, write what you will commit to doing in the next 24 to 48 hours that will positively impact this area of your life.

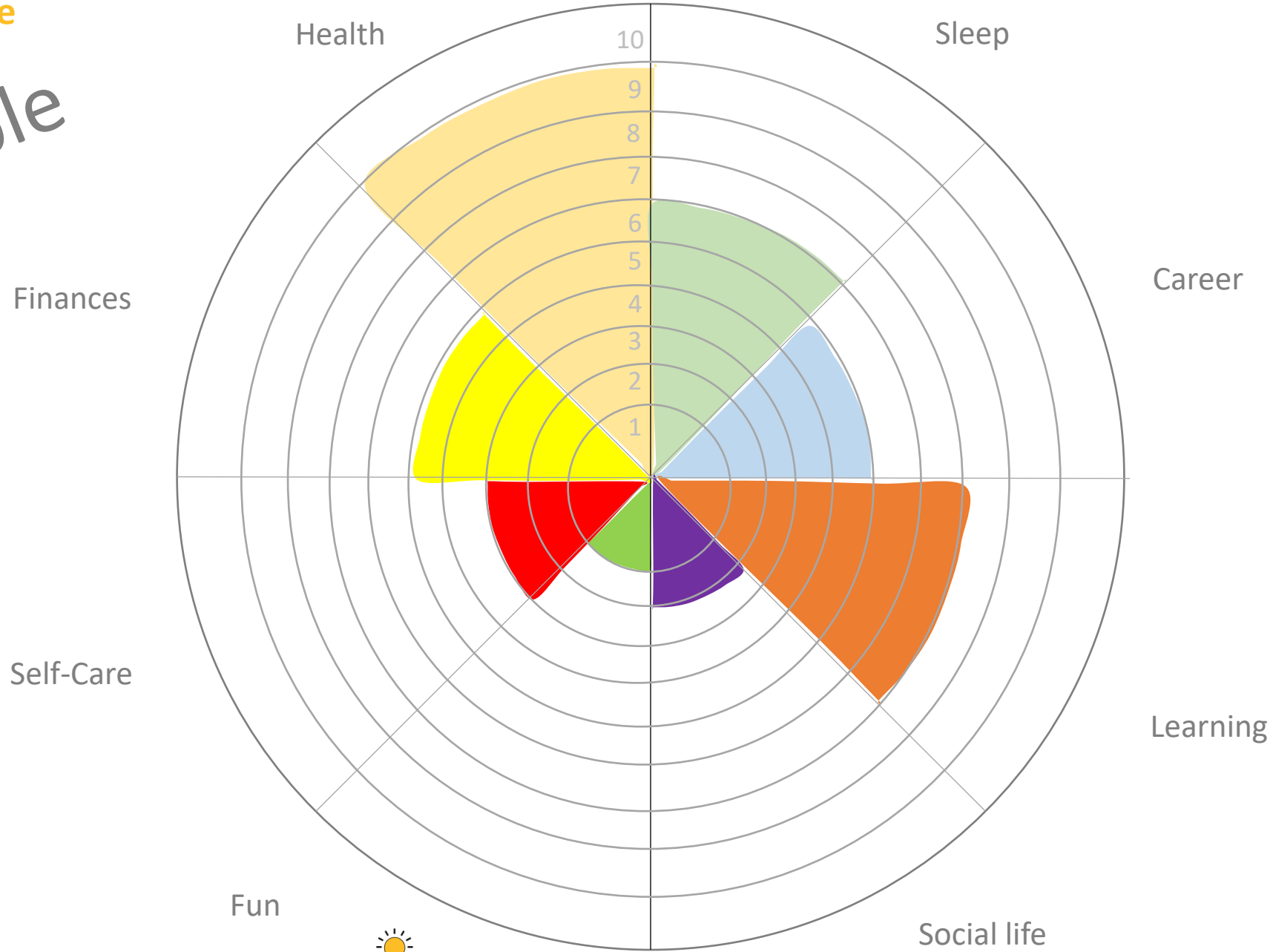
IMPORTANT: Write down how taking these actions will **make you feel**.

Here are some examples of life-areas get your started:

- Physical Health
- Spirituality
- Relationships
- Creativity
- Personal Development
- Career / Business
- Finances
- Overall Life Vision
- Emotional Well-being
- Mental Health
- Self-Care
- Education
- Home Life / Environment
- Work Life / Environment
- Family
- Education
- Social Life
- Emotional Health
- Sleep
- Nutrition
- Fun
- Adventure
- Lifestyle
- Self-Esteem

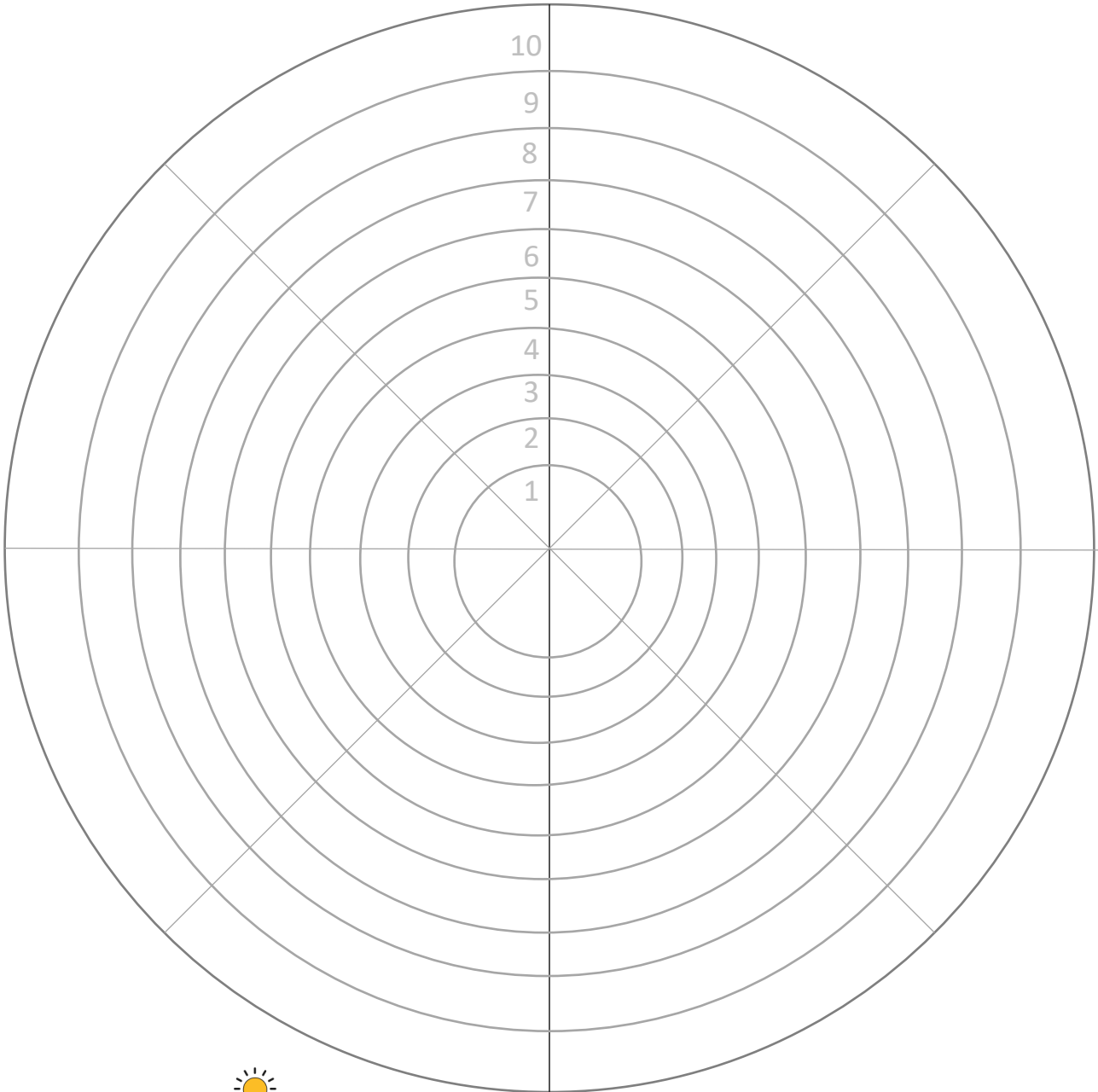


Example



Wheel of Balance

Stuart Fairbairns



Defining Outcomes

Stuart Fairbairns

Describe what 10/10 looks like for each priority area:

	PRIORITY AREA	WHAT 10/10 LOOKS LIKE? What would you be feeling, seeing, hearing, experiencing?
1		
2		
3		
4		
5		
6		
7		
8		



Designing the Plan

Stuart Fairbairns

Start with one of your priority areas, whichever one speaks to your first. Write down 5 - 10 actions you **could** take that will get you +1 (i.e. from 2/10 to 3/10):

PRIORITY AREA	/10	ACTIONS	
		1	
		2	
		3	
		4	
		5	
		6	
		7	
		8	
		9	
		10	



Refining the Plan

Now, for that same priority area, write down 3 - 5 actions that you **WILL** take, and when you will start/complete them (be specific, date and time). Then add your **honest** commitment level out of 10 to each action (10 fully committed / 1 not committed at all). If you are wavering or are unsure, ask yourself,

'What is missing from this action?' / 'How could I be approaching it differently?' / 'How can I make this action more attractive to me?'

This step is **VERY** important, ff you are not convinced, you will not do it.

PRIORITY AREA	ACTIONS	Commitment	Date & Time
	1	/10	
	2	/10	
	3	/10	

My Approach

Describe how you want to 'show-up' in your life. Who are you, for yourself, for those around you, family, colleagues, clients, etc.
Do this for each of your priority areas:

Priority Area	How I Want to Show Up...

