



Select 6 to 8 dimensions of your life which are important for you and plot them in the chart above. You may consider the importance in terms of your **roles you play in life** for example: husband/wife, father/mother, manager, colleague, team member, sports player, community leader, or friend; **areas of life that are important to you or what you value** for example: artistic expression, positive attitude, career, education, family, friends, financial freedom, physical challenge, pleasure, or public service; or **reflect the things that are your priorities in life**. You may refer to what you have identified as the Top 3 Important Things in your Life to guide you.

**Write down these dimensions on the Wheel of Life diagram, one on each spoke of the life wheel and then indicate your score on the appropriate spoke of your Wheel of Life.**

Now join up the marks around the circle. Does your life wheel look balanced?

Next, consider your ideal level in each area of your life. A balanced life does not mean getting 5 in each life area: some areas need more attention and focus than others at any time. And inevitably you will need to make choices and compromises, as your time and energy are not in unlimited supply!

So the question is, what would the ideal level of attention be for you each life area? Plot the "ideal" scores around your life wheel too.

Now you have a visual representation of your current life balance and your ideal life balance. What are the gaps? These are the areas of your life that need attention. And remember that gaps can go both ways. There are almost certainly areas that are not getting as much attention as you would like. However there may also be areas where you are putting in more effort than you would ideally like. These areas are sapping energy and enthusiasm that may better be directed elsewhere.

Once you have identified the areas that need attention, it is time to plan the actions needed to work on regaining balance. Starting with the neglected areas, what things do you need to start doing to regain balance? In the areas that currently sap your energy and time, what can you **STOP** doing or reprioritize or delegate to someone else? Make a commitment to these actions by writing them down.

Things I will <b>START</b> doing to regain balance in my life	Things I will <b>STOP</b> doing, reprioritize or delegate