

## Life Balance

There are eight sections on the life balance wheel, each one representing part of your life. Label each section with the things that are important to you or that take up a lot of your time, as you can see in the worked example. Then colour in each section of the wheel to show the extent to which you are satisfied with that aspect of your life. In the example you can see that this person is very satisfied with their family life but not very satisfied with their exercise. The perimeter of the wheel represents your life balance – have you got a smooth ride or a wonky wheel?

