

The Life Wheel

The Life Wheel is a tool that can teach you to draw energy and enthusiasm from other areas of life to achieve a better balance. Strive for balance in all areas that are important. Becoming overfocused on work can become a real danger, throwing the rest of your life off balance and leading to burnout.

Instructions

1. Consider how much time and energy you are devoting to each of the categories surrounding the Life Wheel.
2. On a scale of 0-5, rate how invested you are in that area with 0 (the center of the wheel) being little or no investment and 5 (the outermost spoke), representing a full investment.
3. Plot the level of devotion in each area on its respective spoke.
4. Connect the marks around the wheel.
5. Does the wheel look balanced, or do you show extreme variations from category to category?
6. As you review your Life Wheel, what are areas that are neglected? Are there actions that you can take immediately

to regain balance? With the areas that are receiving too much of your energy, is there anything you can stop, cut back, or delegate to someone else?

7. Use the Life Wheel as a preventative care tool. If you use it regularly, at least every 6 months, your self-awareness and sense of self-mastery will grow.

Customize this Life Wheel by changing the categories to match what is important in your life. Just click and type over the categories provided here.

