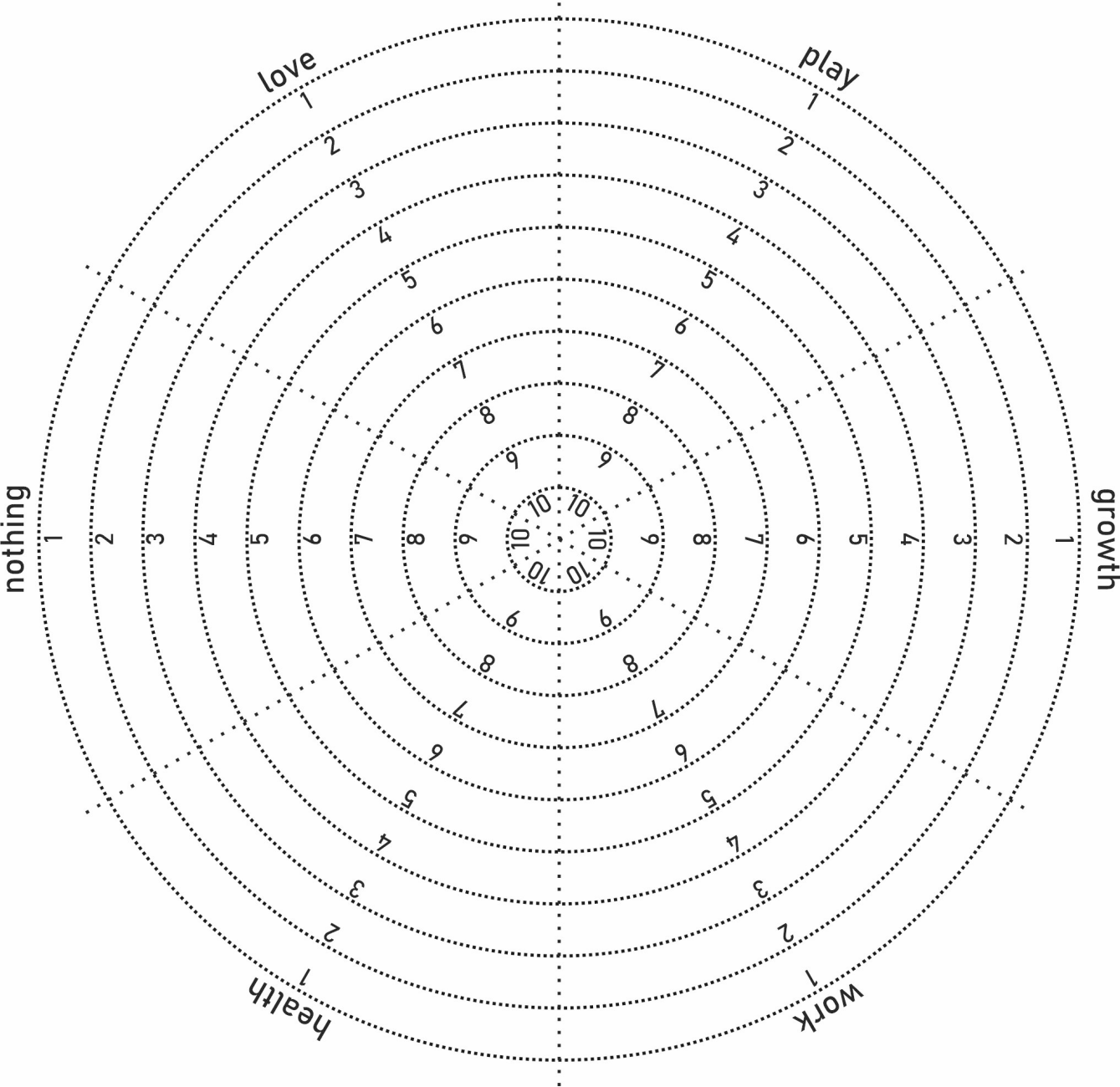


Life Balance Wheel Worksheet

10 = Maximum focus and time given to this area
1 = Minimum focus and time given to this area

Use two contrasting colours to mark your current balance and then your desired balance on the wheel below:



Love - everything that has to do with the love for others (partner, family, friends, neighbours, colleagues)

Play - passion and hobbies (no obligation) purely for fun, no competition or money involved

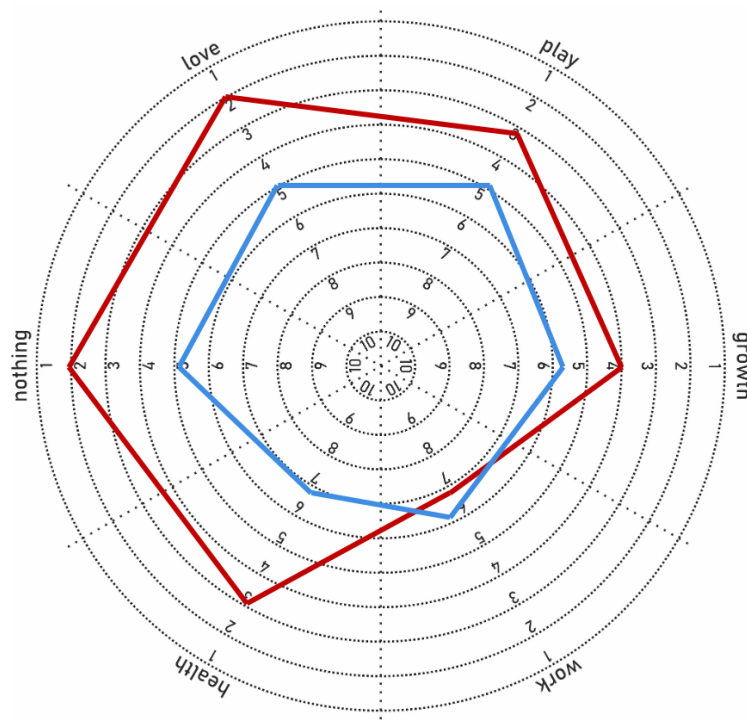
Growth - things you do to develop your skills or knowledge

Work - for your job or career but also chores / looking after others - feeding kids, doing the groceries, cleaning - the 'need to do's'

Health - Activities to bring about physical and mental health (e.g. sports, meditation, hiking)

Nothing - literally stopping and doing nothing (NOT checking phone, reading, etc.)

Example:



 Your current balance

 Your desired balance