

BALANCE

Life is composed of many parts and contentment requires a certain balance. The following wheel has 10 spokes. Each spoke represents an area of life. We have listed 10 areas but you are free to change any of them to better fit your life.

Community (Relationships)

Exercise

Family

Financial

Gratitude

Nutrition

Professional

Recreation

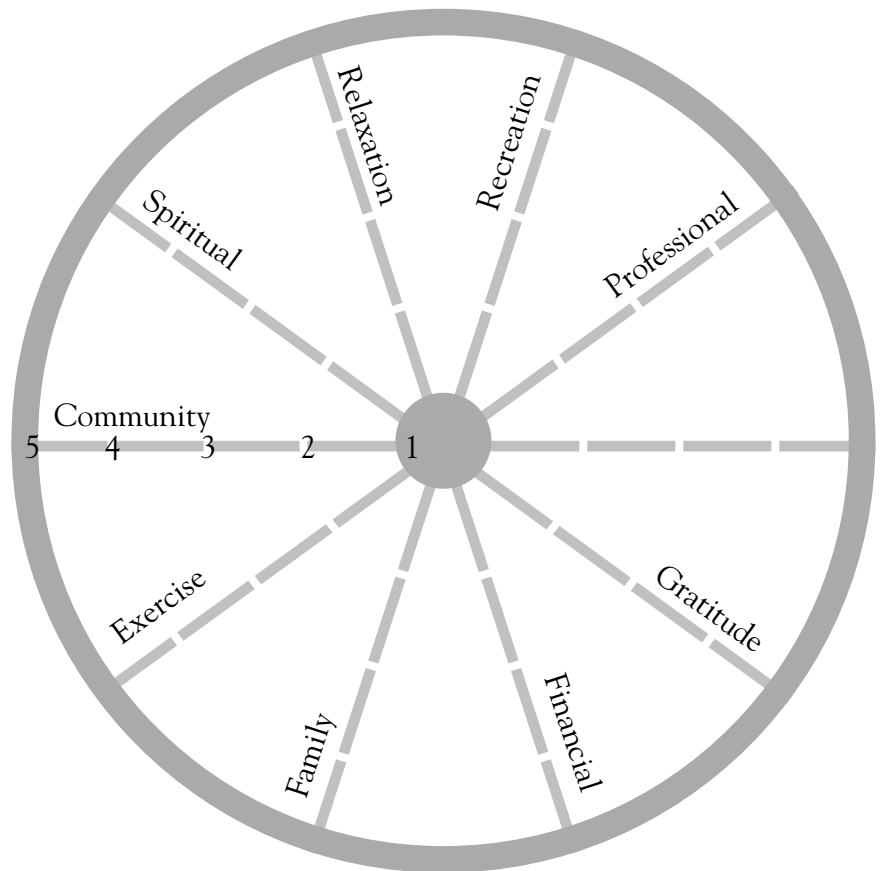
Relaxation

Spiritual

Each spoke is divided into 5 increments counting outward from the hub to the rim.

The increments represent:

1. Needs improvement
2. Below Average
3. Average
4. Above Average
5. Excellent



Rank each area according to the way you are living your life today. If you rank Nutrition as average, then circle the 3 on the Nutrition spoke. When you have completed ranking all areas, connect the dots with connecting arcs. If the wheel were a tire, where is your tire flat? A balanced life resembles a trued wheel.

You may immediately know how to achieve balance or you may need to spend time in reflection. When all else fails, write it down. Journaling can help you discover beneath the surface. Below are some questions and suggestions to consider for each of the areas:

Community

Do you have a few true friends that go beyond just being an acquaintance?
Can you be honest with them or do you have to mask a part of yourself?

Exercise

Do you have an exercise schedule?
Consider writing your plan and recording the execution of the plan for the next month.

Family

Ask each family member how important they feel they are in your life.
Is their perception congruent with the way you feel about them?

Financial

Track every dollar earned and spent for the next 30 days.

Gratitude

Do you live thankfully?
Are you thankful for the little things?
Do you invest more energy expressing thanks or wishing for more?

Nutrition

Do you have a dietary plan?
Record everything you eat for 7 days.

Professional

If you were your boss, would you hire yourself?
Are you working at your potential?
Do you look forward to going to work?

Recreation

Do you have fun?
Are you more relaxed after recreation?

Relaxation

Do you know how to do nothing?
Are you “antsy” when you try to relax?
Can you enjoy quiet?

Spiritual

Do you know how a peaceful heart feels?
Do you have a relationship with God?

Go back to the wheel. List any areas upon which you need to improve.