

Faith Forward – The Workbook

The Wheel of Life

Finding Balance in Your Life

When life is busy, or all your energy is focused on a special project, it's all too easy to find yourself "off balance"—not paying enough attention to important areas of your life. While you need to have drive and focus if you're going to get things done, taking this too far can lead to frustration and intense stress. That's when it's time to take a "helicopter view" of your life so that you can bring things back into balance.

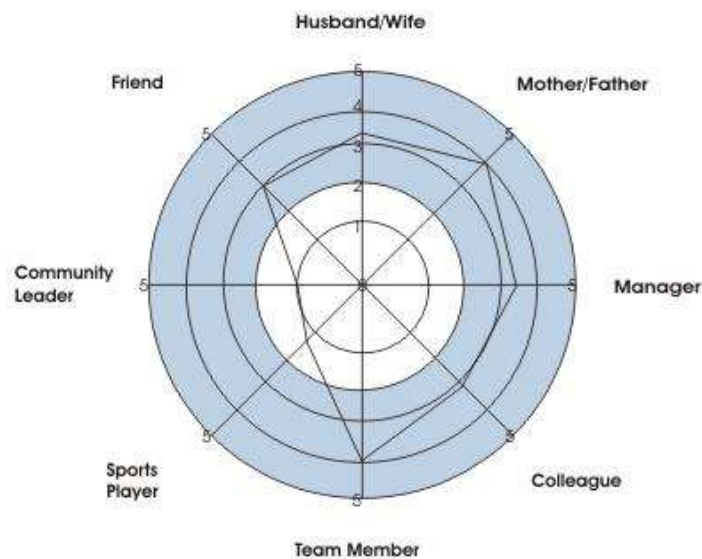
The Wheel of Life can help with this. Commonly used by professional life coaches, it helps you consider each area of your life in turn and assess what's off balance. And so it helps you identify areas that need more attention.

The Wheel of Life is powerful because it gives you a vivid visual representation of the way your life is currently, compared with the way you'd ideally like it to be. It is called the "Wheel of Life" because each area of your life is mapped on a circle, like the spokes of a wheel.

Using the Tool

Following are the directions for you to create your own personal Wheel of Life to assess your balance within your own dimensions.

Figure 1: Wheel of Life Example



1. Brainstorm Life Areas

Start by brainstorming the eight dimensions of your life that are important for you. The eight dimensions may be different from the ones shown on the example in Figure 1. It might contain the roles you play in life—husband/wife, father/mother, manager, colleague, team member, sports player, community leader, or friend—areas of life that are important to you—artistic expression, positive attitude, career, education, family, friends, financial freedom, physical challenge, pleasure, or public service—or your own combination of these things. Whatever dimensions you use, they should reflect the things that are priorities in your life.

2. Write These Down on the Wheel

Write down these dimensions on the Wheel of Life diagram, one on each spoke of the wheel.

3. Assess Each Area

This approach assumes that you will be happy and fulfilled if you can find the right balance of attention for each of these dimensions. And different areas of your life will need different levels of attention at different times. So the next step is to assess the amount of attention you're currently devoting to each area.

Consider each dimension in turn, and on a scale of 0 (low) to 5 (high), note the level of attention you're devoting to that area. Mark each score on the appropriate spoke of your Wheel of Life with a dark dot next to the number from the center, spoke one, to the outer layer, ending with number five, to reflect your dimensions.

4. Connect the Marks

Now, connect the dots around the circle as shown in Figure 1 at the beginning of this section, "Using the Tool." Does your wheel look balanced?

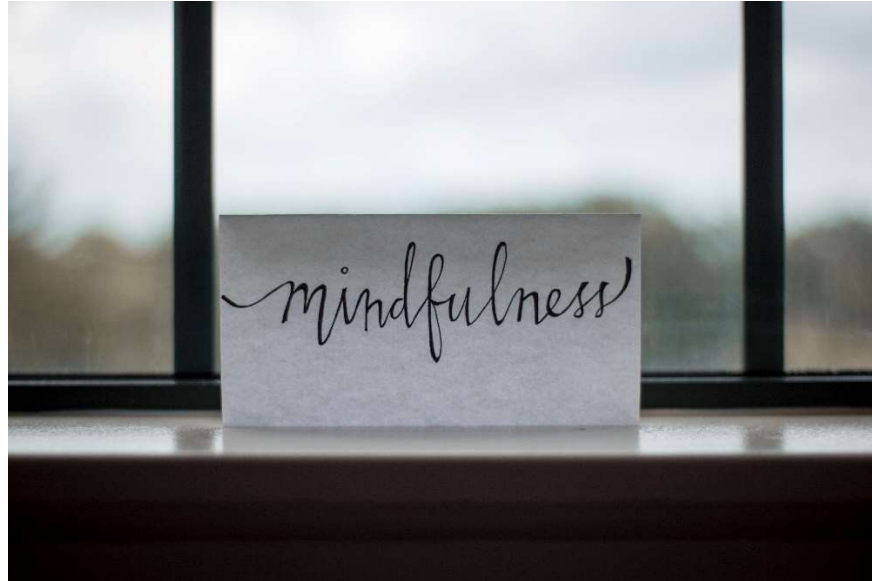
5. Think About Your Ideal Levels

It's time to consider your ideal level in each area of your life. A balanced life does not mean getting a five in each life area; some areas need more attention and focus than others, and at different times. 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 in each life area? Plot the "ideal" scores around your life wheel, too (use a different colored writing tool).

6. Take Action

Now you have a visual representation of your current life balance and your ideal life balance. Where are the gaps? These are the areas 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'd like. However, there may also be areas where you're putting in more effort than you'd 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's 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 prioritize or delegate to someone else? Make a commitment to these actions by writing them on your worksheet.



Key Points

The Wheel of Life is a great tool to help you improve your life balance. It quickly helps you visually identify the areas in your life to which you want to devote more energy and helps you understand where you might want to cut back. The challenge now is to transform this knowledge and desire for a more balanced life into a positive program of action. Once you are working on improving your life balance, completing the exercise again can be a useful tool for monitoring your life balance as it changes over time.

Exsert form: **FAITH FORWARD The Workbook**
Creating Change Through Body, Mind, and Spirit Connections
With Education, Inspiration, and Organization
www.Amazon.com (<https://tinyurl.com/ycod82cc>)