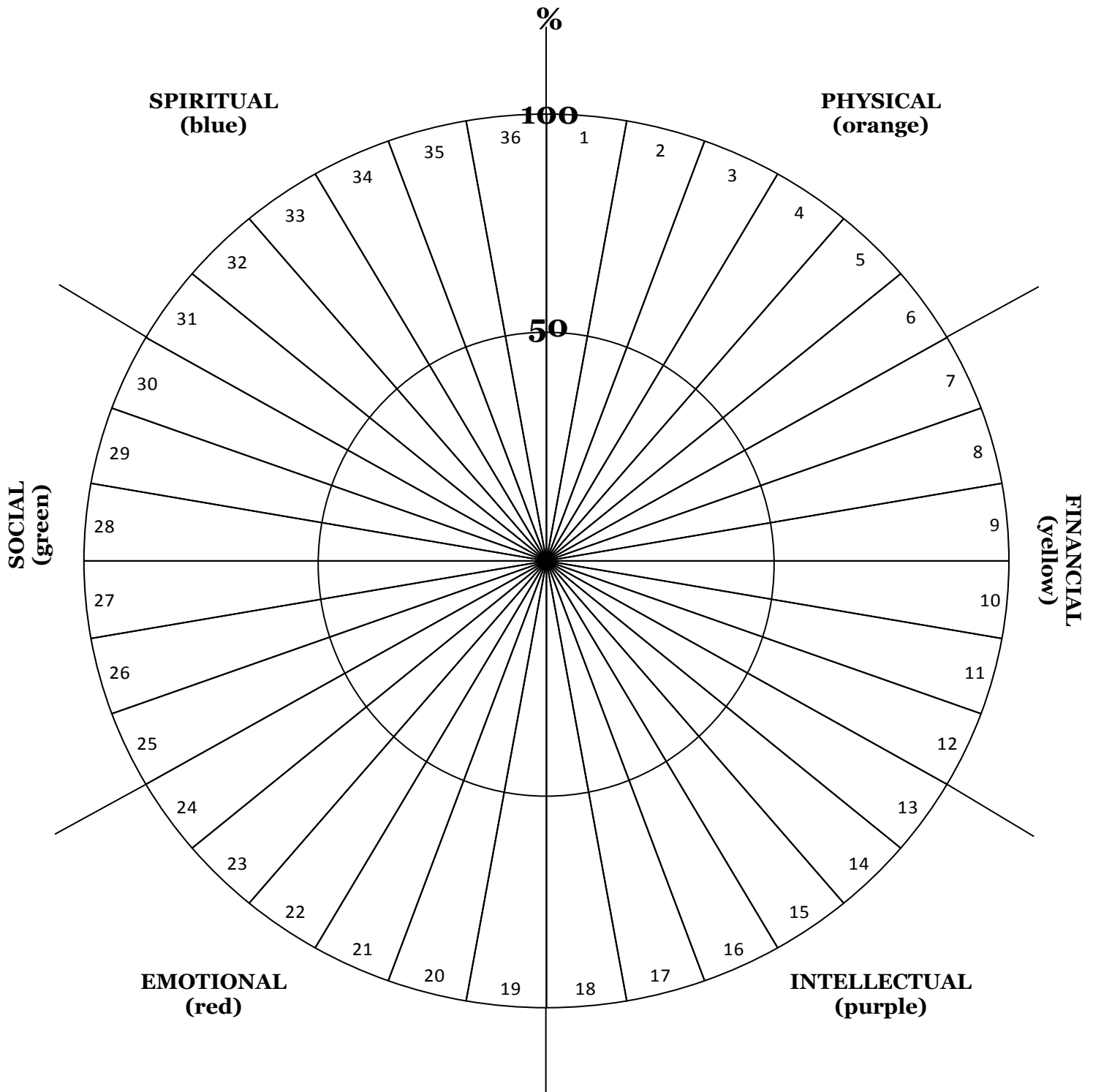


Assessing Your Life Balance

“A wheel runs most smoothly when well balanced.”

Instructions:

Read each statement and fill in the corresponding pie shaped section of the wheel to the degree you are achieving this. For example, question one is: " I eat a balanced nutritional diet"; if you feel you are doing this 100%, of the time, color in all of section one. If you feel you do this, 60% of the time, color 60% of the section. Repeat for all 36 sections of the wheel.



Sections & Statements

Physical: Orange

1. I eat a balanced, nutritional diet.
2. I exercise at least three times a week.
3. I take responsibility for my physical health.
4. I am generally free from illness.
5. I have annual check-ups and specific medical checks as prescribed.
6. If at all, I use tobacco, alcohol, or prescribed drugs responsibly and moderately.

Financial: Yellow

7. I live within my means and take responsibility for my financial decisions.
8. My spending and saving habits reflect my values and beliefs.
9. I actively plan for periods in my life when I may not have income.
10. I pay bills on time and positively manage credit.
11. I balance present-day spending with saving for the future.
12. I have similar financial beliefs and practices as those with whom I am close.

Intellectual: Purple

13. I enjoy learning new skills and information.
14. I have positive thoughts (low degree of negativity & cynicism).
15. I am generally satisfied with my vocation/major.
16. I commit time and energy to professional growth and self-development.
17. My work is stimulating, rewarding, and reflects my values.
18. I pursue mentally stimulating interests and hobbies.

Emotional: Red

19. I have a sense of control in my life and am able to adapt to change.
20. I perceive "problems" as opportunities for growth.
21. I am able to comfort or console myself when I am troubled.
22. I have a sense of fun and can laugh at myself.
23. Others would describe me as emotionally stable.
24. I believe I am responsible for my feelings and how I express them.

Social: Green

25. I have at least three people with whom I have a close, trusting relationship.
26. I am able to resolve conflicts in all areas of my life.
27. I have satisfying social interactions with others.
28. I am aware and able to set and respect my own and others' boundaries.
29. I am aware of the feelings of others and can respond appropriately.
30. I have a sense of belonging to a group or within organizations.

Spiritual: Blue

31. I have a sense of meaning and purpose in my life.
32. I have a general sense of serenity.
33. I am happy with the beliefs I hold.
34. I practice prayer, meditation, or engage in some type of reflective growth.
35. Principles/ethics/morals provide guides for my life.
36. I trust others and am able to forgive others and myself.

Your Plan

Remember:

- Each person is unique.
- There is no “right” or “wrong” wheel.
- Responses will vary depending on age and stage of life.

Consider the wheel you have created as a source of feedback. Feedback is something we can choose to use or ignore.

Reflection:

Which section(s) has the most color? _____

Which section(s) has the least color? _____

What do you like about your wheel?

What would you like to change?

Where could you make investments (time, energy, money) to bring more color to your wheel?

Other insights or reflections:

Setting Goals:

As a result of this assessment, I intend to improve my life balance by:

My first step will be:

I will share my plans with _____ and ask for support by saying “_____.”

I will review my progress on _____. (date)