

*how to use a*

**LIFE**

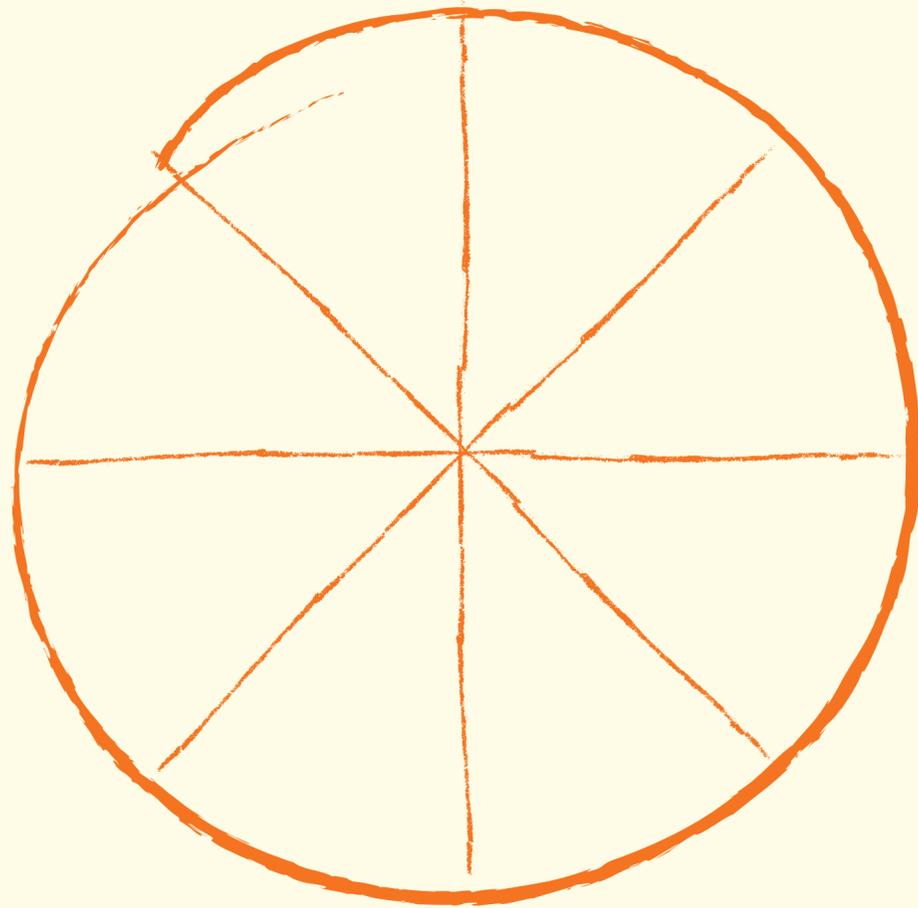
**BALANCE**

**WHEEL**

*to set goals*



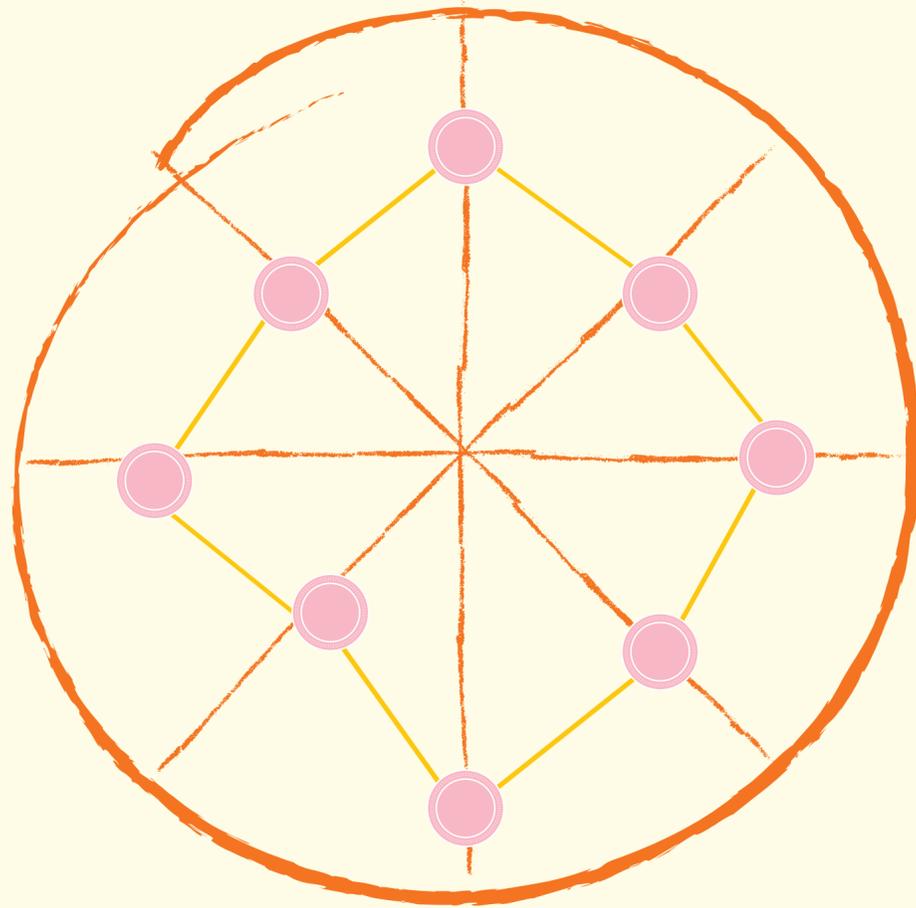
# ***1. set up your wheel***



Draw a circle on a piece of paper, in your journal or wherever else you like. To make this easier you can print off this page and use the one above. All you need to do is draw a circle and divide it into 8 or 6 sections. Once you have done this label each section with a life area you want to focus on. This is completely customisable. Here are some suggested life areas to fill in each section with, if you are a little stuck

- physical health
- spirituality
- relationships
- education
- creativity
- personal development
- career and finances
- mental health
- emotional well being
- life vision
- self care

## 2. *fill out the wheel*



Now reflect and think how fulfilled you are in these life areas. Draw a dot along each line, with the center being 0% and the outer edge being 100%. Make sure you put a lot of thought and reflection into this to create the most accurate representation. Once you have marked each line with a dot, connect them all together in a circle. Once this is done you have formed your wheel. Don't worry if you come up with a crazy shape, that's normal! Here are some questions you can reflect on when completing your wheel

- **physical health:** How do you feel during the day? How is your overall diet? How is your quality of sleep? How often do you exercise?
- **Spirituality** – How in tune with your beliefs are you? How closely connected do you feel to what you believe in?
- **Emotional Well-being** – How balanced do you feel emotionally? How aware are you of your emotions? How do you process/cope with your emotions?

## ***3. reflect and set goals***

Look at your completed wheel and focus on its shape. How can you create a more evenly shaped wheel? Which areas need more of your focus? It is good to start from the outside edge of the wheel (at your highest points) and make your way to the center. (your lowest points) Now you can set goals for each life area. Here are some ideas to get you started:

- **physical health:** exercise for 30 minutes, 3x per week, meal prep lunch for each week, try a new form of exercise
- **emotional wellbeing:** practice self-care each day for 10 minutes, surround yourself with positive/like minded people.
- **career and finances:** Start a side hustle, save \$500 a month.