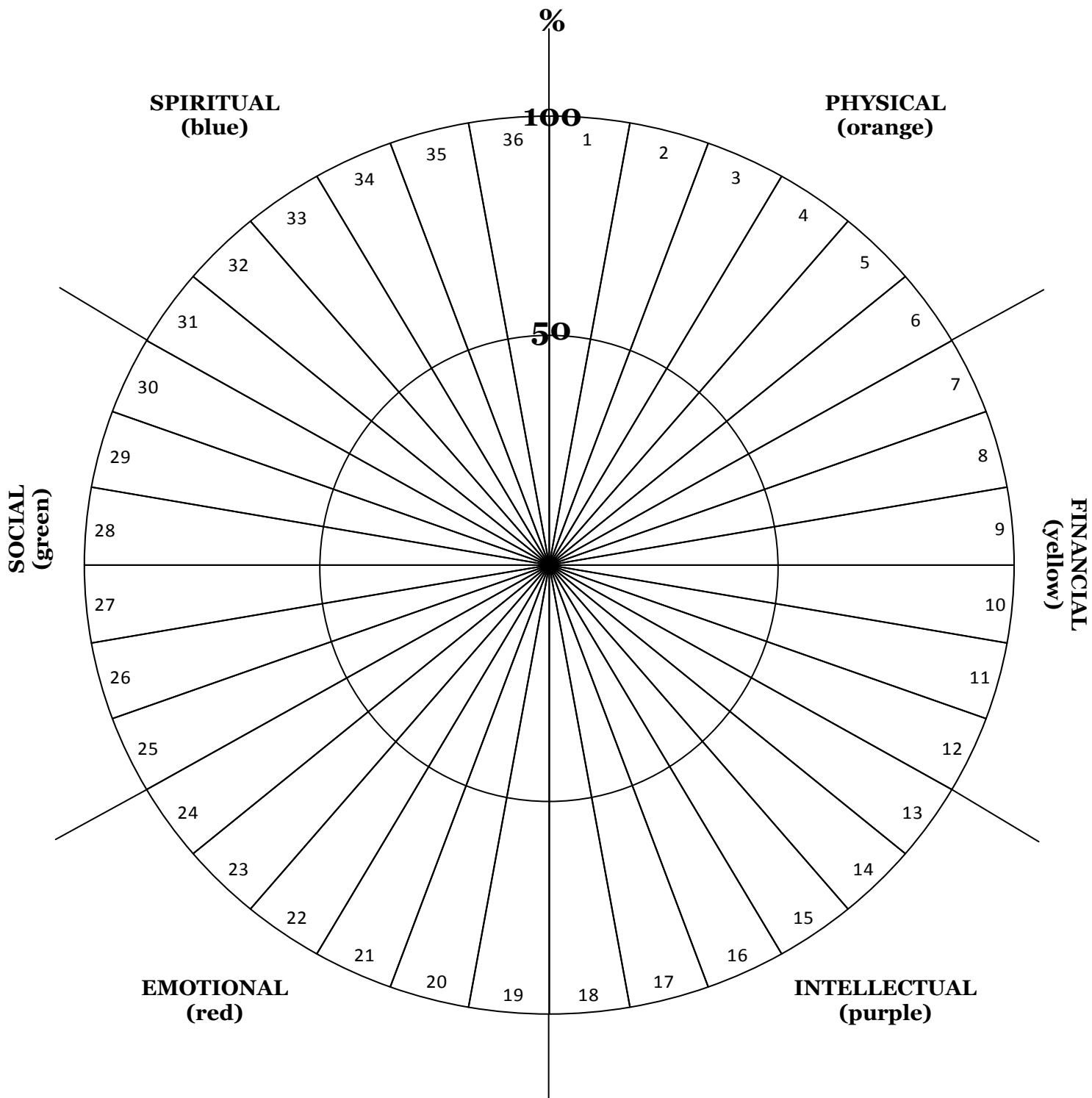


# Assessing Your Life Balance

“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?

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What would you like to change?

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

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Other insights or reflections:

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**Setting Goals:**

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

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My first step will be:

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I will share my plans with \_\_\_\_\_ and ask for support by saying \_\_\_\_\_.

I will review my progress on \_\_\_\_\_. (date)