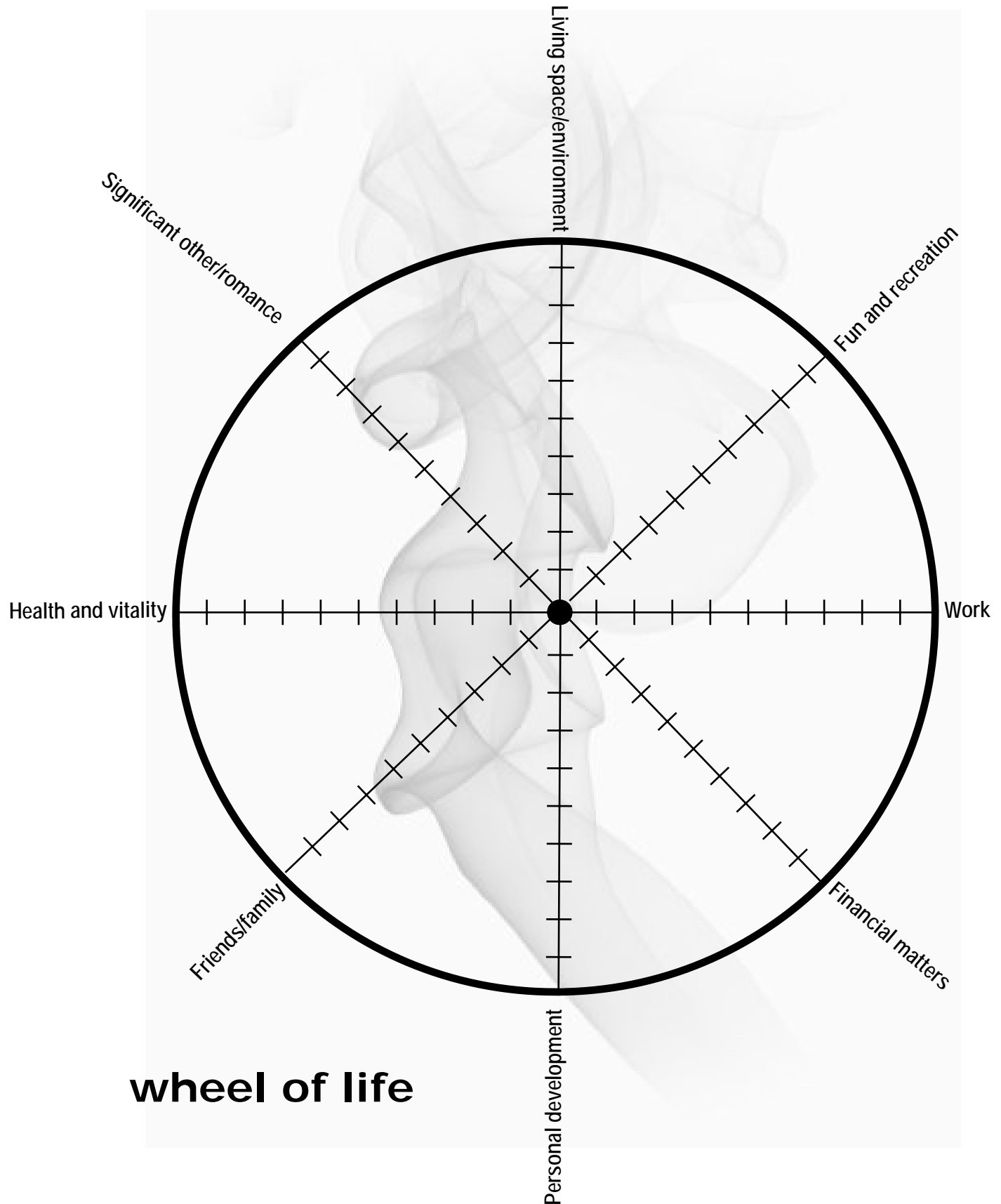




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wheel of life



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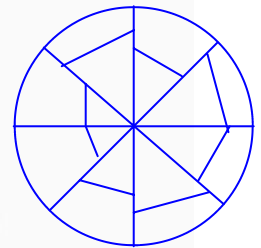
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The wheel of life – does yours need balancing?

Here's a clear, graphic way to identify where the imbalances are in your life. Arm yourself with a pen and paper. Give yourself plenty of time, find a peaceful place to be and then look closely at your life.

The eight spokes of the wheel represent aspects of life. The centre or hub of the wheel is 0 (not even a little bit satisfied) and the outer edge is 10 (totally satisfied). Give each aspect of your life a mark out of 10 and draw a cross on the relevant spoke. Now draw a line to join the crosses together.

- How balanced is your wheel?
- Can you imagine traveling on a journey with wheels that shape?
- Which areas of your life are you currently most satisfied with?
- Where do you need to improve things?



My first wheel looked a bit like this!

Now work your way around the wheel and think about what would have to change if you were to be able to score each spoke as a 10.

Write down your thoughts, and then you'll free space up in your head to think some more.

Now, the really hard part. Again, working your way around the wheel, consider where you can make a difference in one or two areas this week. That doesn't mean trying to make the score a '10' in one fell swoop, just taking a tiny step in that direction.

You can of course create your own wheel using areas that you may feel are more relevant to you. You may prefer to have separate sections for 'Friends' and 'Family', perhaps a section called 'Spiritual Life' or 'Emotional Well-being' – it's your life, you know what is most important to you. (You could also have more segments.)