

# My Life Balance Wheel

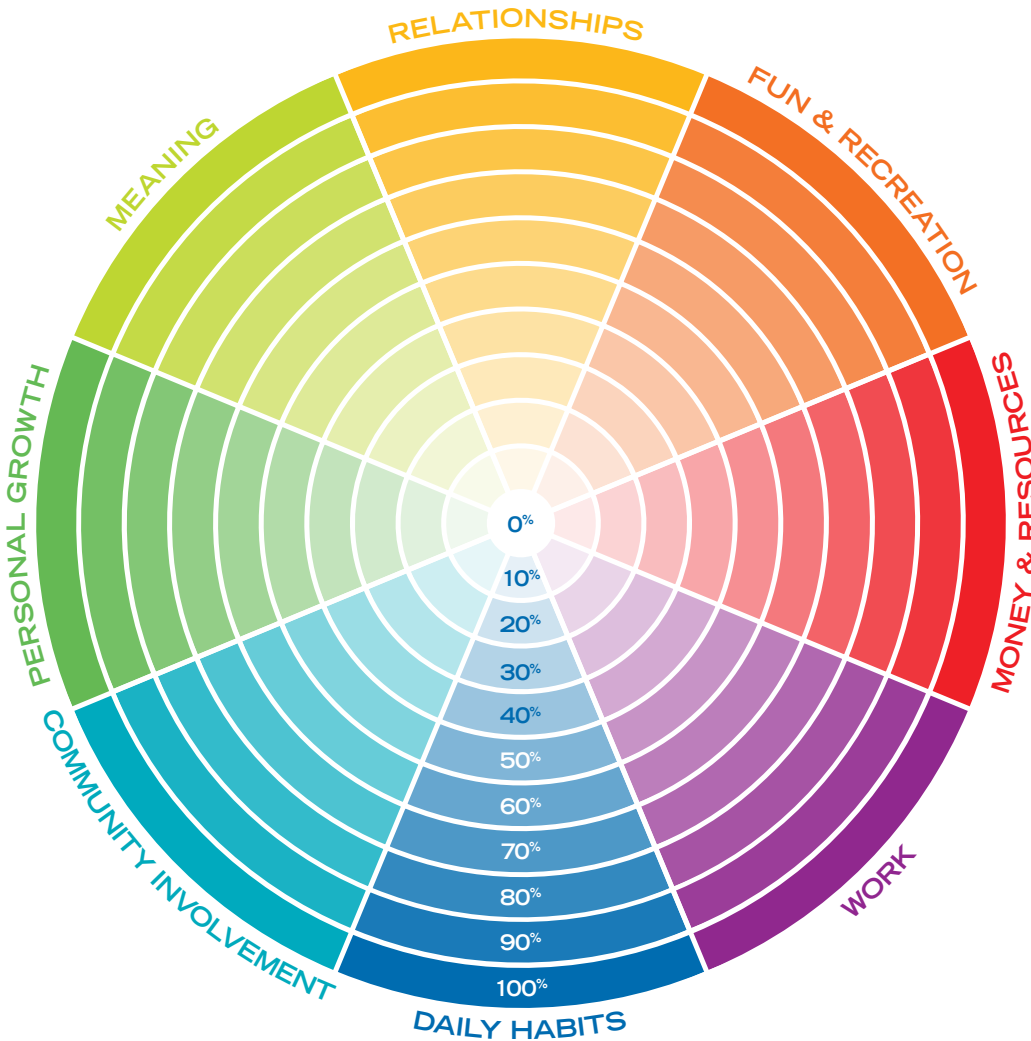
This wheel provides an opportunity to reflect on your present life balance. Life Balance is constantly changing with life circumstance and stage of life. Take a few minutes to consider your life balance.

Mark an **X** for the degree to which you are satisfied with this area of your life right now. Write the date and review monthly.

**0% = Not Satisfied at all**

**100% = Extremely Satisfied**

Reflect on areas where you are satisfied, and where you would like to make some changes. Use **Positive Daily Intentions**, **Microsteps** and **Longer Term Goals** to make those changes. Your choices reveal your priorities.



## RELATIONSHIPS

- Family and friends
- Colleagues
- Pets

## FUN & RECREATION

- Sports
- Vacation
- Hobbies (e.g., art, music, reading)

## MONEY & RESOURCES

- Financial and other resources
- Recognizing problem gambling
- Planning for the future

## WORK

- Household work
- Caring for family
- Volunteer work
- Paid work

## DAILY HABITS

- Sleep
- Nutrition
- Exercise
- Limiting alcohol and drugs
- Not using tobacco
- Healthy use of your smartphone

## COMMUNITY INVOLVEMENT

- Local community
- Communities of interest (e.g., book club, environmental action group)

## PERSONAL GROWTH

- Hopes and aspirations
- Learning and doing new things

## MEANING

- Finding meaning in everyday activities
- Spirituality
- Feeling connected to others