



Finding Balance in the Wheel of Life

Your life at times may feel whirling out of control or wonky. During these times, no matter what you do, you feel out of balance, overwhelmed and unable to detect what to do to get out of this mess! One of the ways you can find out how to remedy this uncomfortable feeling of overwhelm is to use the Wheel of Life as a way to visually see where you actually are off balance. By looking at the areas that are overloaded and what areas are not being attended to properly, you will be able to come up with a plan to begin to align the areas of your life in congruence with your needs and values. You will begin to see where you are actually on track, what you have achieved in wellness, and where you need to improve. You will be able to come up with a series of small, yet very achievable steps toward finding a more peaceful and fulfilling life of balance; mind, body and spirit!

Use a big poster board, markers and ruled post-it notes to do this project.

1. First, you want to think of areas that make up your life. Examples of these areas are: Work, Community Outreach, Health, Recreation, Creativity, Relationships (Friendships/Family/Romance), Physical Environment, Finances, Spiritual, Personal Growth. Pick at least 8 areas to evaluate.
2. Make an Octagon with pie shapes for each area. Label areas with colorful markers.
3. Do some brainstorming. Using post-its, list your actual progress in each area. Be very specific and number your answers in each category. Once your categories are explored, make specific steps/intentions that are SMART: Specific, Measureable, Achievable, Realistic and Time Sensitive in each category. This can be a very detailed process, so take your time and do one category at a time over a period of time that is suitable and not overwhelming for you.

Remember to ask small questions like “How can I make this more enjoyable for me?” “How can I make this more simple and successful?” What do I need to do first that moves me gently toward my intentions?

4. Evaluate your areas in the grid below.

	Devote More Energy	Keep the Same for Now
Pleased with Progress		
Needs Attending		