# BALANCING THE WHEEL OF LIFE
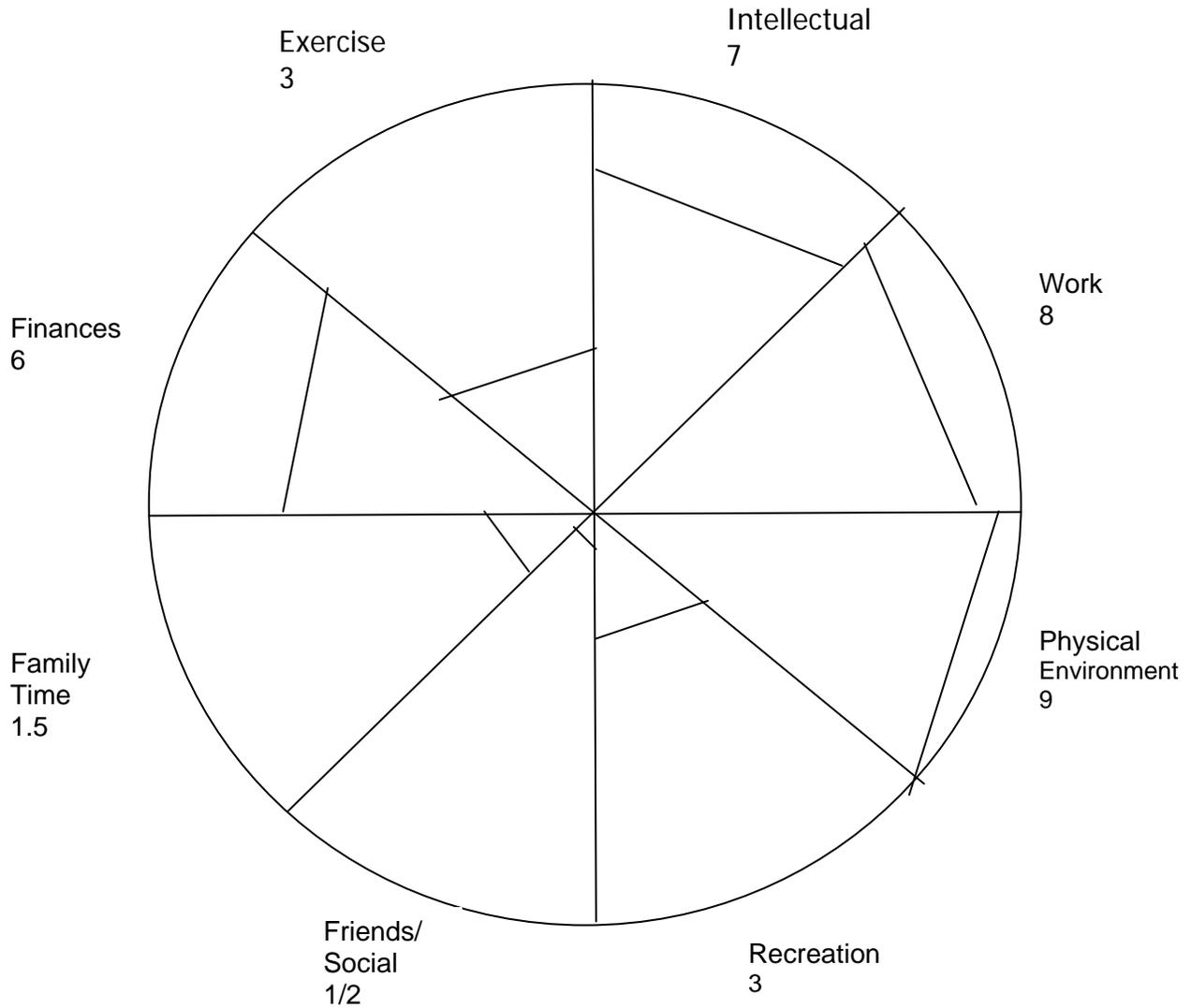
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This Wheel of Life Focusing Exercise helps you by giving an overview of your life. You can then see where you are operating at your fullest, and where you might want to expand. It can alert you to areas that you have not considered important. You may see this visual overview method used many places- it is the standard Life Coaching starting point.
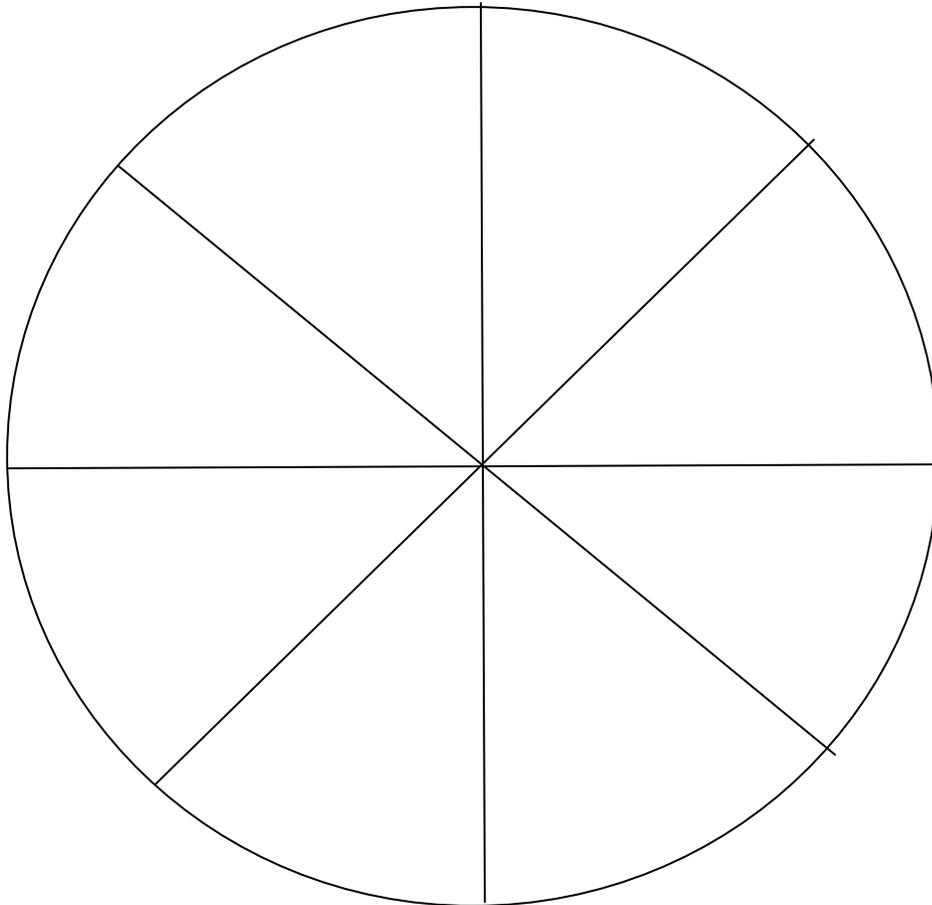
1. **Mark each of the segments with one of the following categories (or categories of your own):**
   Career 2. Money 3.Health 4. Significant other, children, parents (family) 5. Friends 6. Personal Growth, Spirituality 7. Fun & Recreation 8. Physical Environment (house, car, clothes, etc.)

2. **Chose a segment and assign a number** to that area of your life AS IT IS NOW. *1* is "pretty bad", *10* is "the best it could get." Starting with your numbering from the center, find a point in the pie slice that represents how far from the center your number is. Draw a line across the slice to represent the portion of the pie slice that is fulfilled. (**See next page for an example**.)

3. **Do this with each segment.** Many people like to fill in the used part of the slices.

4. **Evaluate your life for yourself**. Looking at your wheel of Life, what areas would be valuable to you to focus on enlarging?

This is the way a wheel might look. You can tell that work/productivity aspects far outweighs the social/family/fun/personal fitness parts of life. That may be all right with the person- or it may not. The wheel just makes it clear what is.

Exercise
3

Intellectual
7

Work
8

Finances
6

Physical
Environment
9

Family
Time
1.5

Friends/
Social
1/2

Recreation
3

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com