

Finding the Balance in Your Life

Read and think about the following categories for a moment. One by one, make a general, intuitive assessment of each:

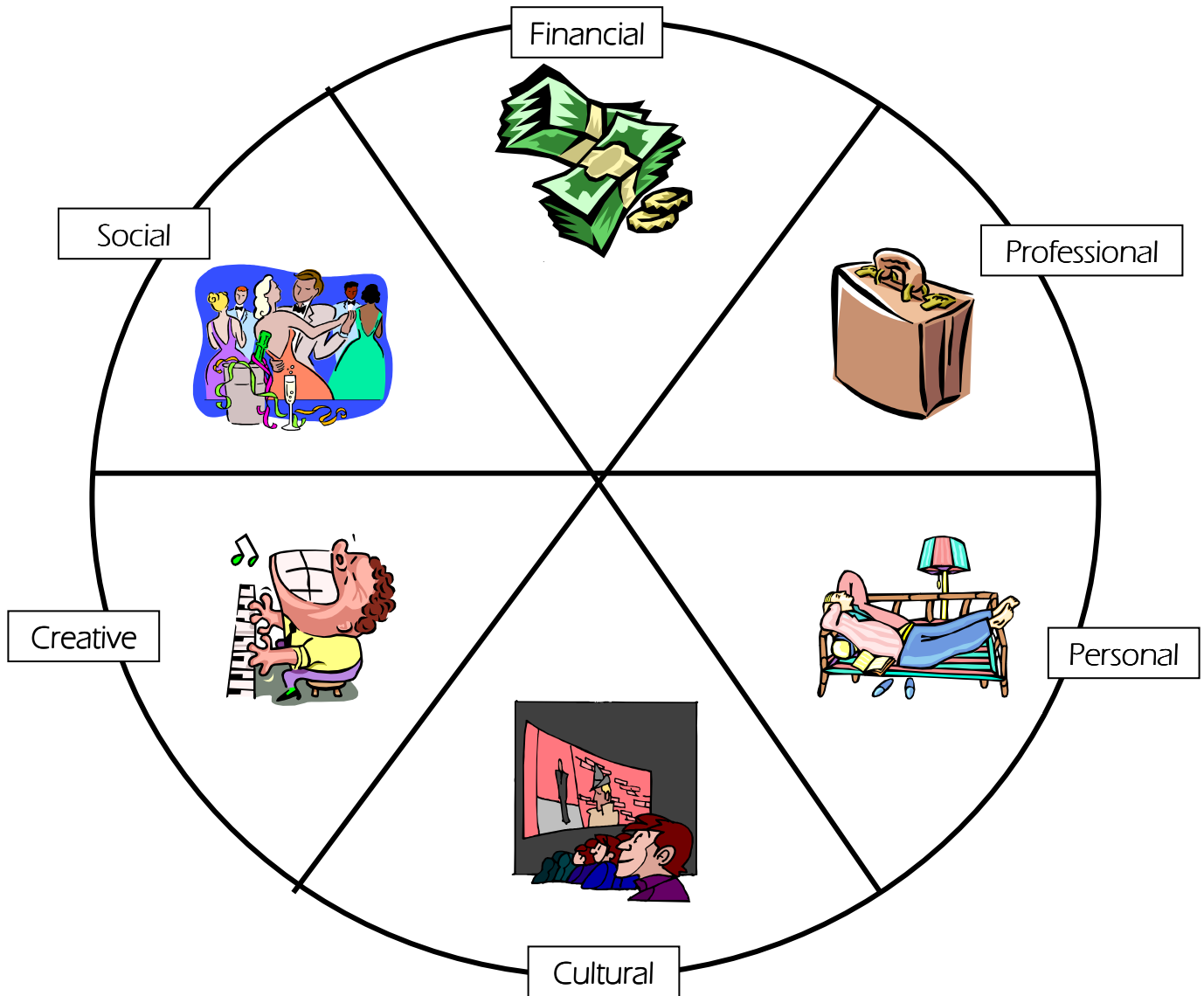
- 🌀 How do you feel right now about that portion of your life?
- 🌀 What's your level of satisfaction in that area?

Next, on the back of this sheet, shade in each section of the circle based on your relative satisfaction with that particular area. Begin shading at the center and let your shadings move out toward the edge of the circle, so that the size of each shaded area indicates roughly how satisfied you are in that area.

- 🌀 **Professional** – Whatever you do that constitutes your life's central activity; making your living; your relationship to the organization in which you work; your means of livelihood.
- 🌀 **Financial** – Money, material goods and possessions, and the things that give you feelings of security and satisfaction; your salary, benefits, and other forms of compensation; investment income; your general financial position.
- 🌀 **Social** – Relationships and activities you share with others; family, friends, members of the opposite sex; organizations you belong to; colleagues with whom you associate; recreational activities involving other people.
- 🌀 **Cultural** – Things you do for rewarding educational purposes; self-broadening activities such as traveling, reading, studying a foreign language, taking courses for the sake of learning, attending lectures, watching educational television programs; going to plays, worthwhile movies, and concerts; the ways in which you absorb new ideas and enjoy learning new things.
- 🌀 **Creative** – Activities in which you express your personality and, through which, you grow and enjoy being a person; hobbies, crafts, or artwork; playing a musical instrument; growing roses, houseplants, or a garden; building things; remodeling a home for the satisfaction it brings; singing; dancing; acting in a play; any avenues for enjoying yourself by expressing your uniqueness.
- 🌀 **Personal** – Your physical health and well-being; recreation for the sake of relaxation and relief from tension; exercise; diet; privacy and self-understanding; spiritual pursuits of your own choosing; personal hygiene; emotional stability and personal adjustment; physical surroundings and your individual physical life space.



"Shape of Your Life"



Once you've shaded all of the segments, you'll have a general assessment of the "shape" of your life and some indication of the overall balance you've established. A substantial "dent" in the shape of your wheel probably points to an area where new, more rewarding activities might be added or unrewarding activities dropped. A fairly round figure suggests that you feel your life provides rewards in roughly equal measures in each of the categories. If you have a fairly round, but very small shaded figure, then you are probably receiving equally small rewards in all categories.