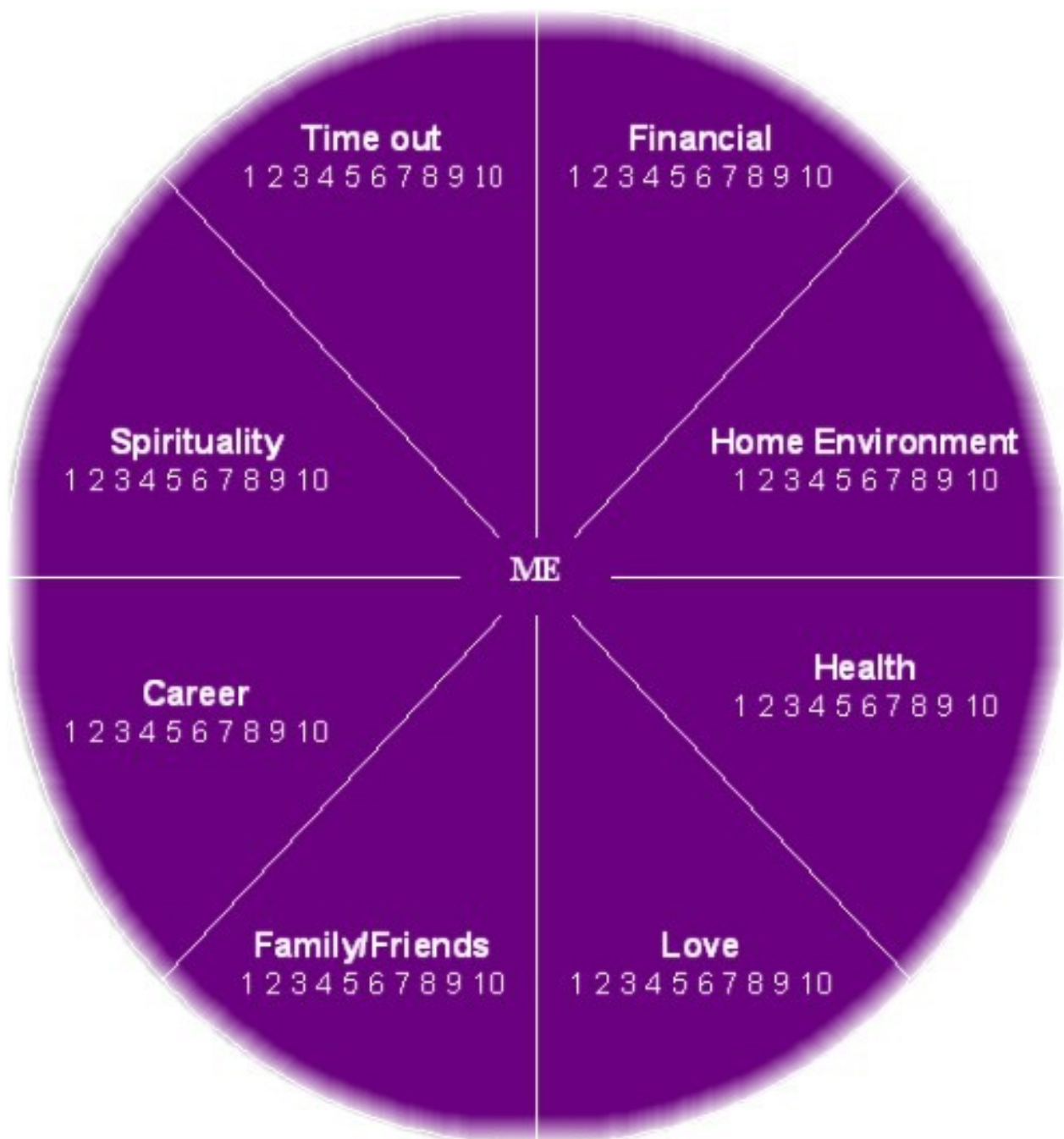


Life Balance Wheel

Life Balance = Life Happiness

How happy are you?

Completing this Life Balance Wheel will help you uncover what areas in your life are out of balance, causing you stress or making you unhappy!



Instructions:

Print page one containing the Life Balance Wheel.

Next, consider the questions, from each wheel category, that is posed below.
(These questions are just to help you think about that part of your life and if you feel satisfied in that area.)

Rate your current level of satisfaction with each area in your life from 1 to 10.

Key: 1 = you are not satisfied at all
10 = perfection!

Use the chart to circle the number, in each of the wheel segments, that corresponds with your rating of that category or area of your life.

Time out

Do you have regular time out or “me time”? Do you spend your leisure time totally enjoying YOUR interests not someone else’s? Is your time off a joy to you? Can you take “me time” without feeling guilty?

Financial

Are you financially independent and is your life free from financial stress of any kind? Are you satisfied with your current level of income?

Home Environment

Do you love your home surroundings and enjoy being there? Is your house and garden maintenance up-to-date? Are there things that need to be done (painting, repairs etc) that annoy you? Is your home and block of land the right size for you?

Health

Are you a healthy weight and fitness level? Are you receiving effective care for any health issues you have? Do you exercise regularly? Do you eat for emotional comfort?

Love

Are you pleased and content with your love situation, whether you are single or in a partnership? Are you loved by the people who mean the most to you? Do you receive enough physical affection?

Family/ Friends

Are you as close to your friends and family as you would like to be? Are these relationships healthy and nourishing? Do you enjoy being with your family and do they support you? Do you need to widen out your circle of friendships?

Career (or your business)

Is your work/career fulfilling? Do you wake up in the morning looking forward to the satisfaction your work will provide?

Spirituality

Are you fulfilled in a spiritual sense? Do you need more spirituality in your life?

When you have completed the balance wheel, total your score.

Check you score again the score key below

My Total Score: _____

Score Key:

70-80 Wow! You are relatively happy in life! Well done!
60-70 You're almost there! What area needs tweaking?
Under 60 Time to work on the area that received the lowest score ASAP!

The Next Step:

The next step, to re-balancing your life, is to look at the category that scored the lowest rating. If you have a few categories with the same score choose the one of most importance to you at present.

Do not try to work on a number of areas at once as this can make you feel overwhelmed.

Sit down with a pen and paper (or at your computer).

Just focus on your chosen category or area for improvement.

Complete the exercises below.

1. Ponder the questions below and jot down your thoughts. (Not every question will apply; they are just to get the ball rolling).

Questions to ponder:

What is it you are not happy about?

What is missing in this part of your life?

What needs changing?

What needs improving?

The next step is to think about how this area of your life would be if it rated as a 10 on the scale. Pretend it is 100% right for you....right now!

2. Write down a short paragraph on how happy you are now this area of your life rates as a 10. *Include:* The changes that occurred for this to happen. The improvements you notice. How you now feel with this area of your life.

3. When you have completed the two exercises above, make another list that includes what you will do over the coming week to improve this area of your life. Start with the easiest things to change/improve first.

4. Think about the support you need to make these changes or improvements. See some examples below:

Time out

- **Buy a diary and regular schedule in “me time”
 - **Hire other professionals to take over some of your domestic duties or get the family on board
 - **Do a time budget to see where you could save time or stop wasting time and then spend that time on yourself!
- Email info@quantumcoaching.com.au for a time budget tool.
- **Work with a life coach to improve this area!

Financial

- The only way to improve your current finances is to work more or spend less....choose which it will be!
- **Do a money budget
 - **Hire an accountant and/or financial planner
 - **Work with a life coach to improve this area!
- Email info@quantumcoaching.com.au for financial budget tool.

Home Environment

- **Pick one thing on the list of what needs changing, repairing, completing and hire someone to do this for you.

Health

- **From your list of what needs changing think of who could support you with this... e.g. personal trainer, life coach, doctor, dietician,
- Check out the Quantum Coaching e-book **LOSE WEIGHT NOW!**
<http://www.quantumcoaching.com.au/products.htm>

Love

- **Work with a coach to improve this area of your life.
- **Seek out a relationship expert

Family/ Friends

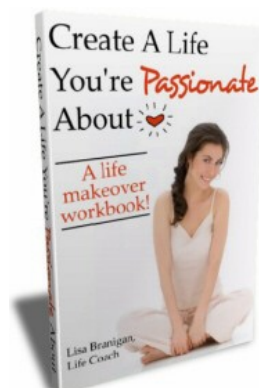
- **Chose a close trusted friend and confide in them about how you feel.
- **Ask for a hug!

Career (or your business)

- **Visit your local career centre to see what support they offer
- **Work out some options or changes with your life/business coach!
- **Hire a business consultant.

Spirituality

- **Hire a spirituality coach.
- **Talk to your spiritual advisor about how you feel.
- **Seek out a book of interest from the library
- **Read the bible.



**Create a Life You're Passionate About
– A life makeover workbook**

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<http://www.quantumcoaching.com.au>
today!