



Create a Space

How balanced is your life?

Try this Wheel of Life exercise to get a picture of how balanced your life is right now.....

1. Take the centre of the wheel as 0 (totally dissatisfied) and the outer edge as 10 (totally satisfied).
2. Rank your satisfaction with each area of your life by putting a cross on the relevant spoke.
3. Draw a line to join the crosses.
4. What do you notice? What changes in your life would make a difference?

