



# Exercises

1. Consider the scale that follows, and then determine the number that corresponds to where you think you are in terms of life balance:

**1** (Out of whack)      **5** (So-so)      **10** (In great balance)

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2. Where do you think you are in terms of satisfaction for your life?

**1** (No satisfaction)      **5** (Down the middle)      **10** (Happy days are here)

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3. Some might say they're not balanced but they're fulfilled. What are your numbers telling you? What do you have to do to move your numbers toward a 10?

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4. Fill out your own Life Decision Wheel chart and start to create more balance in the following eight areas that will help you become more effective in your professional and personal life. What specific plans do you need to make in each area to be sure you are touching each plate on a weekly basis?

1. Career
2. Financial
3. Relationships
4. Health and fitness
5. Contribution
6. Personal growth
7. Spiritual growth
8. Recreation

5. Once you study the Life Decision Wheels chart and reflect on your life, list five steps you can take to move toward greater balance and fulfillment in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Life Decision Wheel

