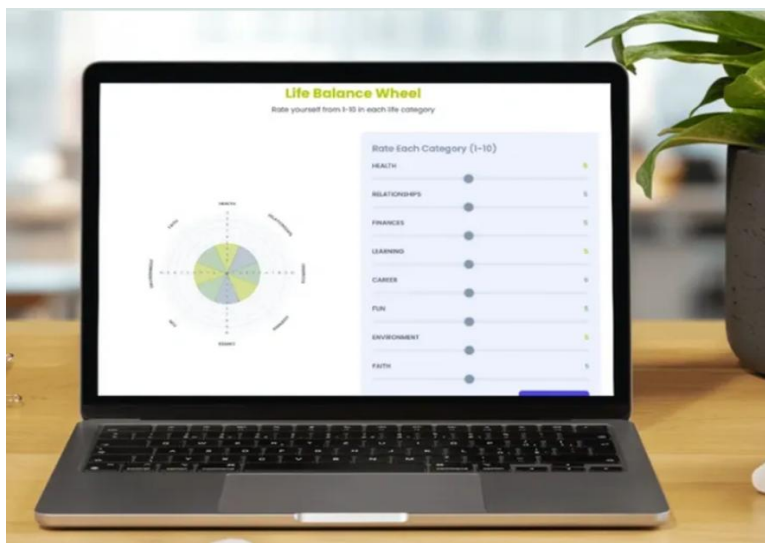




MyLifeFull Life Balance Wheel Action Sheet

What Your Life Balance Wheel Is Telling You – And What to Do About It

The MyLifeFull Life Balance Wheel isn't just a pretty graphic – it's a mirror. It reflects how satisfied (or stuck) you feel in eight essential areas: Health, Relationships, Finance, Learning, Career, Fun, Environment, and Faith. Once you've rated each category, the real magic begins: using your self-awareness to take action.



This **Bonus Action Sheet** helps you **decode your scores**, gives you **step-by-step guidance** for low, middle, and high ratings, and reminds you that **balance – not perfection – is the ultimate goal**.



SCAN THIS QR CODE

to go to the MyLifeFull INTERACTIVE Life Balance Wheel
or go to <https://www.mylifefull.com/life-balance-wheel>

The MyLifeFull Life Balance Wheel is a powerful tool for self-assessment, providing a snapshot of your satisfaction across eight key life areas: **Health, Relationships, Finance, Learning, Career, Fun, Environment, and Faith**. But the real magic happens *after* you've completed the wheel and rated yourself. What actionable steps can you take to enhance your overall well-being? This post provides tailored guidance based on your scores.

Decoding Your Scores

Each section of the MyLifeFull Life Balance Wheel represents a vital aspect of a **fulfilling life**. Let's break down what your self-assessment reveals and how to translate those insights into concrete actions.

Ratings 1 - 3: Recovery & Starter Actions

If you've rated a category between 1 and 3, it signals a significant area for improvement. Don't be discouraged! This is an opportunity for growth. Focus on small, manageable starter actions:

- **Health:** Schedule a check-up, take a 10-minute walk daily, or focus on getting more sleep.
- **Relationships:** Call a family member, plan a coffee date with a friend, or write a heartfelt letter.
- **Finance:** Track your spending for a week, set up automatic savings, or research debt consolidation options.
- **Learning:** Read a chapter a day, listen to a new podcast, or watch a documentary.
- **Career:** Update your resume, network with a colleague, or identify one skill you'd like to improve.
- **Fun:** Dedicate 30 minutes to a hobby, watch a comedy show, or try a new restaurant.
- **Environment:** Declutter one thing a day, clean out your car, or spend time in nature.
- **Faith:** Prayer journal your doubts and feelings to God, do a daily devotional in the Bible App, or join a local church

Ratings 4 - 6: Overcoming Your Comfort Zone

A score of 4 to 6 suggests you're doing okay, but there's room to elevate your satisfaction. The danger here is complacency. Push yourself beyond the status quo:

- **Health:** Join a weekly fitness class, cook healthy meals at home more often, or swap processed snacks for whole foods.
- **Relationships:** Plan a weekend getaway with your partner, organize a family game night, or volunteer with a friend.
- **Finance:** Create a budget, invest in your retirement account, or negotiate a better interest rate.
- **Learning:** Attend a workshop, take an online course, or start learning a new language.
- **Career:** Seek feedback from your manager, take on a challenging project, or attend a conference.
- **Fun:** Plan a vacation, take up a new hobby that challenges you, or host a gathering.
- **Environment:** Declutter a small area, commit to a weekly cleaning routine, or reorganize your desk.
- **Faith:** Join a small group, start a Bible Study, or meet with a spiritual mentor.

Ratings 7-9: Maintaining Motivation & Success

Congratulations! You're thriving in these areas. The key is to maintain momentum through consistent, intentional action

- **Health:** Set a new fitness goal (e.g., run a marathon), prep healthy meals for the week every weekend, or commit to a consistent bedtime routine with 7+ hours of sleep.
- **Relationships:** Schedule regular one-on-one time with close friends or family, plan a surprise for your loved ones, or have 30 minutes of screen-free, fully present connection daily.
- **Finance:** Review your budget weekly, set a 90-day savings goal, or have a recurring money check-in with your spouse or accountability partner.
- **Learning:** Dedicate 30 minutes a day to focused study, track weekly learning wins in a journal, or pursue advanced training/certification.
- **Career:** Block out weekly growth time for big-picture planning, mentor a colleague regularly, or commit to a quarterly skill-building goal.
- **Fun:** Plan a weekly "joy activity," complete a 30-day creativity challenge, or build margin into your calendar for spontaneous fun.
- **Environment:** Maintain a daily 15-minute tidy habit, refresh one area of your home each month, or set a weekly reset routine for your work or creative space.
- **Faith:** Spend 15-30 minutes daily in prayer or scripture, lead or join a weekly group study, or choose one spiritual discipline to focus on for 30 days.

A Perfect 10: The Pursuit of Balance, Not Perfection

A perfect 10 in any category is commendable, but it's crucial to recognize that sustained perfection is unsustainable. **Ensure you're not neglecting other areas to achieve the idea of a 'perfect' score.** Celebrate your success but remain flexible and adaptable. Life is about balance, not flawless execution.

Next Steps

Revisit your MyLifeFull Life Balance Wheel regularly. We suggest doing so monthly or quarterly. Track your progress, adjust your actions as needed, and remember that self-improvement is a continuous journey. Embrace the process, celebrate your successes, and learn from your setbacks. Your well-being is worth the effort!

1. Join our community to **get connected** → [\[Click here to join\]](#)
2. Attend a free life balance class to **dive deeper** → [\[Click here for more info\]](#)
3. Book a discovery call to get **personalized** coaching → [\[Click here to book\]](#)