

My Balance Wheel

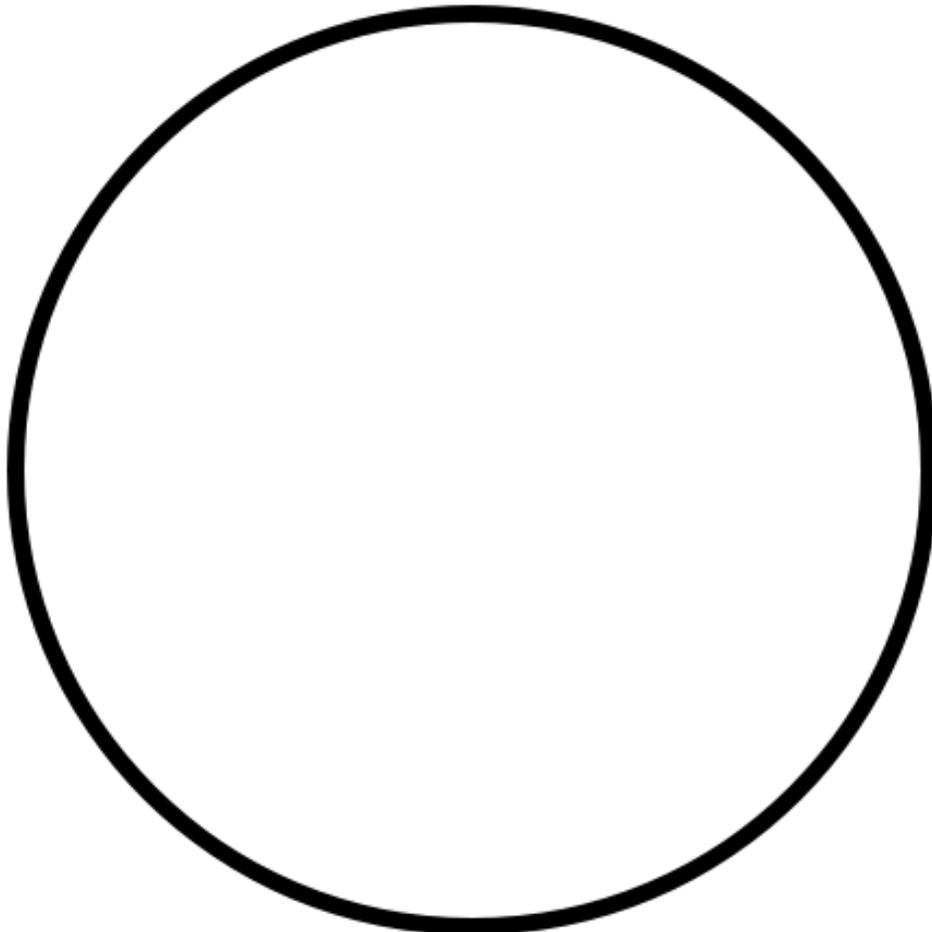
by

Make a list of some of the important aspects of your life. These could include family, work, spirituality or religious practices, hobbies, social life, self-care, school, etc.

Next make a spoke in the circle for every item you listed. Finally indicate on that line whether you are spending too little, just enough, or too much time/energy by putting a mark on the line. The edge of the circle would indicate just enough, somewhere towards the middle of the circle would indicate not enough, and somewhere outside the circle would indicate too much.

Now connect the dots to see how much balance you have in your life. From here you can begin to form a picture of what you are going to have to do to create more balance in your life.

My Balance Wheel Currently



My Balance Wheel

Sample

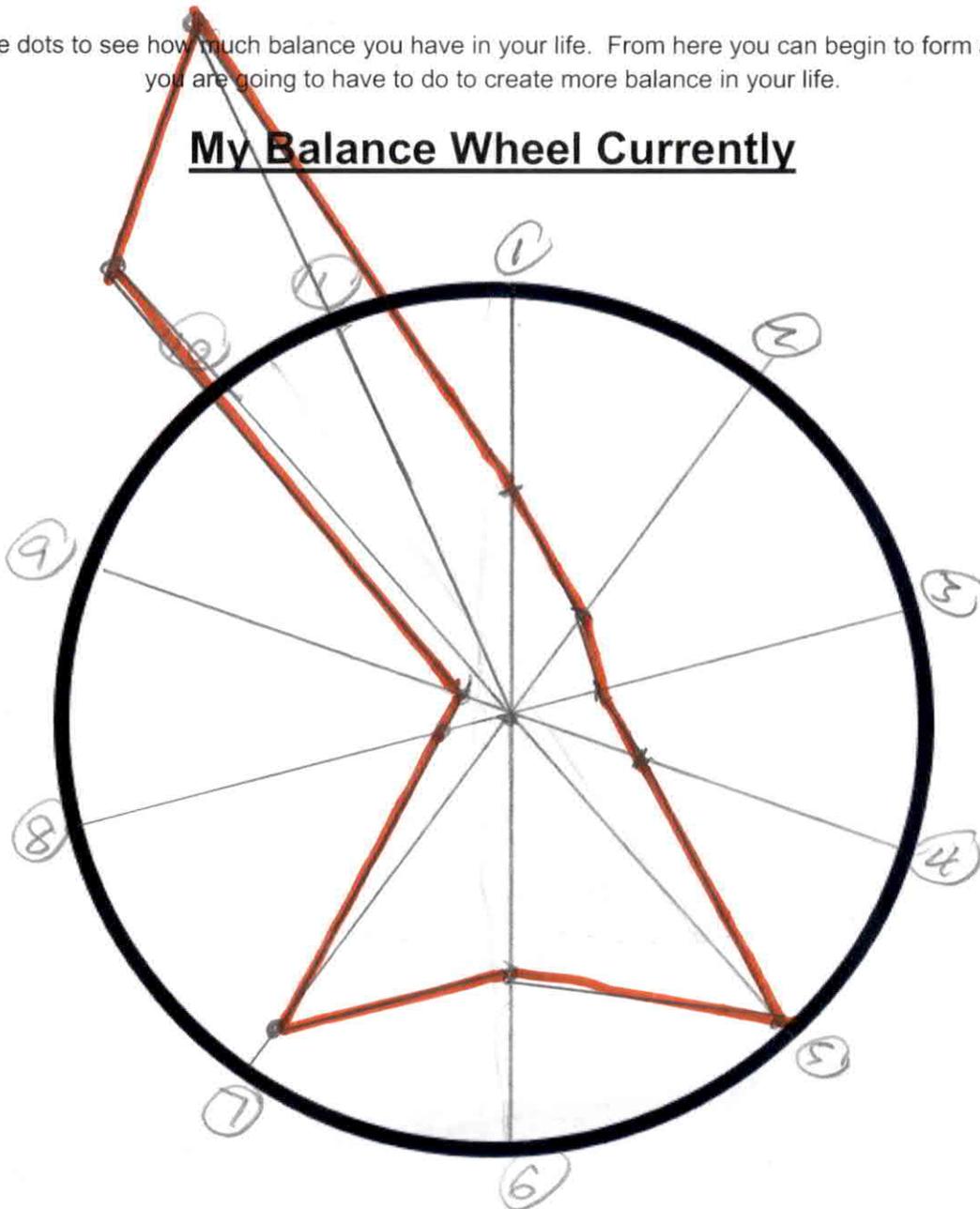
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1 Play Time	21 onl Time w/ Kd	3 Date Nights	4 Spiritual Encsgment
5 Church	6 Outdoor Recs	7 Exercise	8 Social Life
9 Counseling	10 School	11 Political Interests	

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My Personal Plan for a More Balanced Approach to Life

I need a more formal schedule for myself since I thrive with structure. This includes blocking out times where certain activities are off limits. This would include school & political interests. I also need to schedule in certain things like social life & date nights. I believe these are rejuvenating activities for me, and when skipped, leave me more depleted.