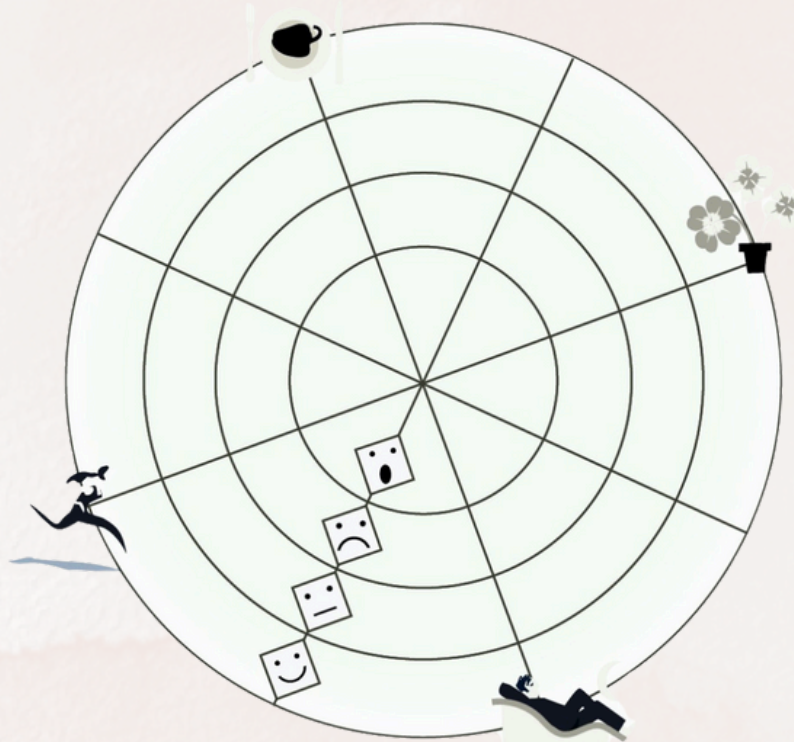


# The Balance Wheel



- Give each segment of the wheel a heading you want to look at.
- How would you rate each segment right now? Mark each segment with a cross to show where you feel you are right now – the edge of the wheel indicates being very happy; the middle suggests urgent attention – and connect the crosses between segments.
- Now think about where you'd like to be in six months' time (remember, not everything needs to change). Mark this with a dot in each segment and connect the dots together.
- Looking at your scores, what do you feel is going well? Where feels most important to make changes? If your score was better, what specifically would be different to now? What is needed for that to happen?
- Check the example on the next page.



In this example, self-care seems to need attention. Rather than saying 'I'll pay attention to my self-care' which isn't possible to measure or record, a specific action is much more likely to have an impact and move you towards your goal.

This could be making a commitment to have 10 minutes quiet time in the morning before the day starts; taking a walk each day, turning down invitations you don't want to attend; doing a yoga class each week; whatever would improve your self-care.