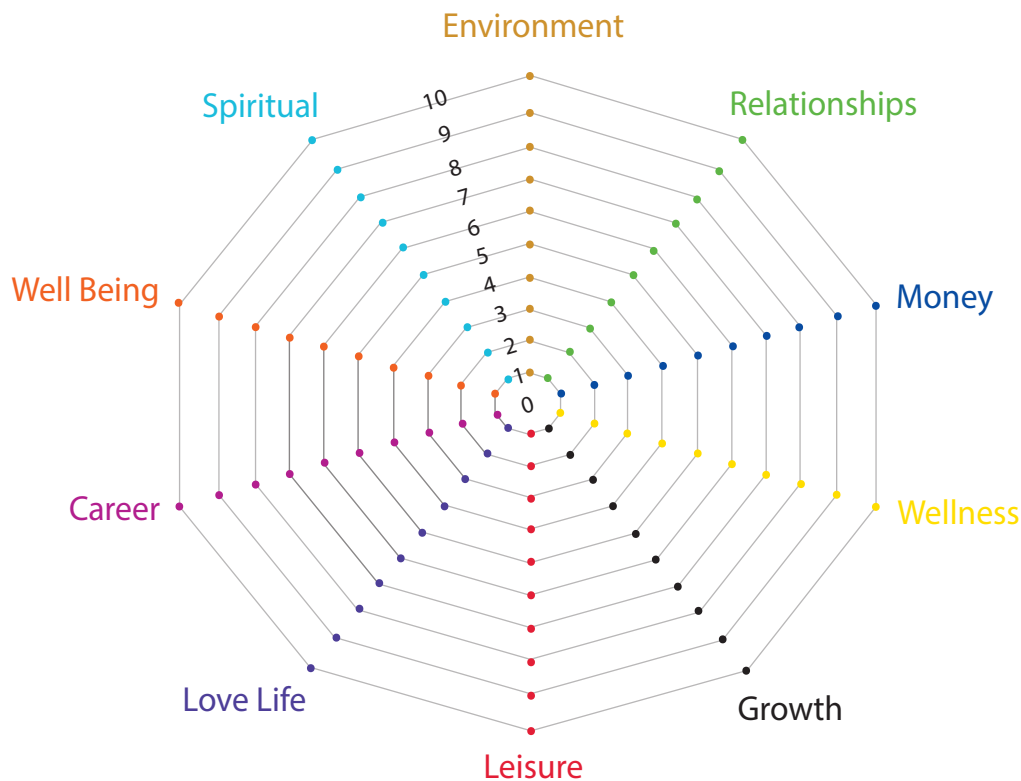


BALANCE WHEEL



To begin thinking about the balance in your life, filling out the balance wheel will help give perspective. **On a scale of 0 to 10**, rate each of the areas of your life shown around the wheel, with **0 being the least satisfying**, and **10 being the most satisfying**. Be as honest as you possibly can. Then **place a dot at the number** that corresponds with your score and then **connect the dots** all the way around the wheel.

The main idea behind the balance wheel is this: *If your life was a wheel like the tires on your car, how smoothly would it roll? Would you have flat spots that might not roll at all, or would it roll effortlessly due to a lack of dips and flat areas?* By the way, although a bigger wheel (resulting from higher scores) might be appealing, just remember, a small round wheel will roll far more smoothly than a large flat one.

So, if you've identified your flat areas, where do you start in the process of balancing your wheel? I'd suggest beginning working on the lowest three areas (even at the expense of those with the highest scores, which might temporarily lower slightly as a result).

Once you have achieved greater balance, you can then attempt to continue raising them all to keep from becoming complacent and dissatisfied with your life once you adjust to your new scores. However, it's important to note that no one can ever get a perfect work/life balance. The goal is to simply smooth things out and change your priorities accordingly.