



NAME: _____ DATE: _____

A SIMPLE BALANCE WHEEL INSTRUCTIONS:

Add 9 categories where you devote your time to each circle. They should represent where you feel you are now, right at this moment. It can change day to day or moment to moment. I encourage you to be gentle and compassionate as you do this wheel. Allow yourself to just be with what is, without changing anything first.

Fill in each piece of pie that represents your satisfaction score in each area.

-Center of the wheel is 0 and outer edge is 10. Choose a value between 0 (dissatisfied) and 10 (fully satisfied)

*Put the first number that comes into your head, not the number you think it should be.

This wheel can be a tool to witness and reflect where you are now, where you would like to be and where you could move forward or back or side to side, finding the balance you would like in your life. Every few months you can repeat this exercise and see how it changes.