

Emerging Brilliance

Wheel of Life

This exercise gives you a snapshot of your life balance now. Consider the area of life in each wedge. How satisfying and fulfilling is this particular area for you? Using a scale of 0 to 10 (0 is least and 10 is most) rank your level of satisfaction. Draw an arc across the wedge representing where your ranking falls. A 10 is on the rim and a 0 is in the center of the wheel. Write your number down as well. See the example.

How balanced is your ride? The point is not that all areas are a 10, but that the ride satisfies you. Balance is a changing goal. What past choices are reflected here? Where do you want to start taking action?

