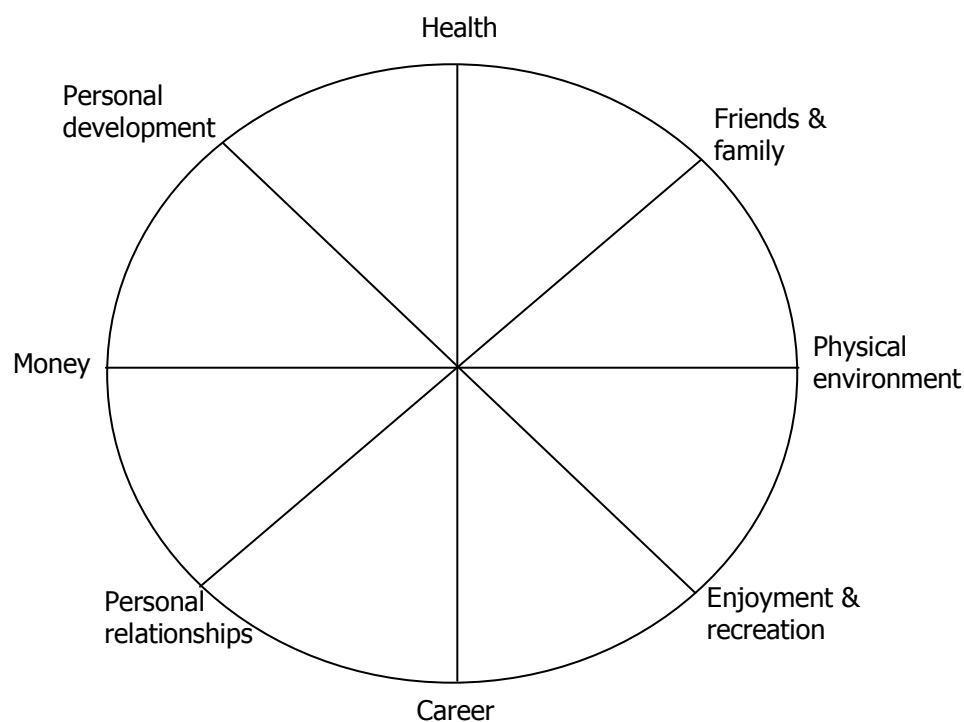


## The Balance Wheel

### Exercise

Please do not simply read the following sections. Follow the instructions and try it out. A small investment of time will be substantially repaid.

On the diagram below assess your satisfaction with each life area as it is now. The centre represents complete dissatisfaction. The outer edge represents the ideal. Using a 0-10 scale mark your current level of satisfaction on each spoke, then draw a line connecting each spoke.



Having completed the wheel, ask yourself the following questions and write down your responses:

- What are my reasons for marking this area as I have?
- What evidence and examples do I have?
- What specifically do I want / need that I do not currently have?
- What links do I see between the ways I have scored the various areas?
- How would I prefer the wheel to look?
- How much energy do I have for change in any of the areas that show dissatisfaction?
- Which areas do I most want to make changes in?
- Which areas are potentially powerful areas for turning into goals?
- What could this area of my life look like if I was managing it better?
- What changes would make sense?

- What would I be doing differently with the people in my life?
- What would I be doing to make life better?
- What achievements would I have made?
- What opportunities would I have grasped and developed?

---

Written by Martin Gillespie, the UK based executive coach, facilitator, leadership development expert, trainer and speaker. Visit: [www.inspiredevelopmentandcoaching.com](http://www.inspiredevelopmentandcoaching.com)