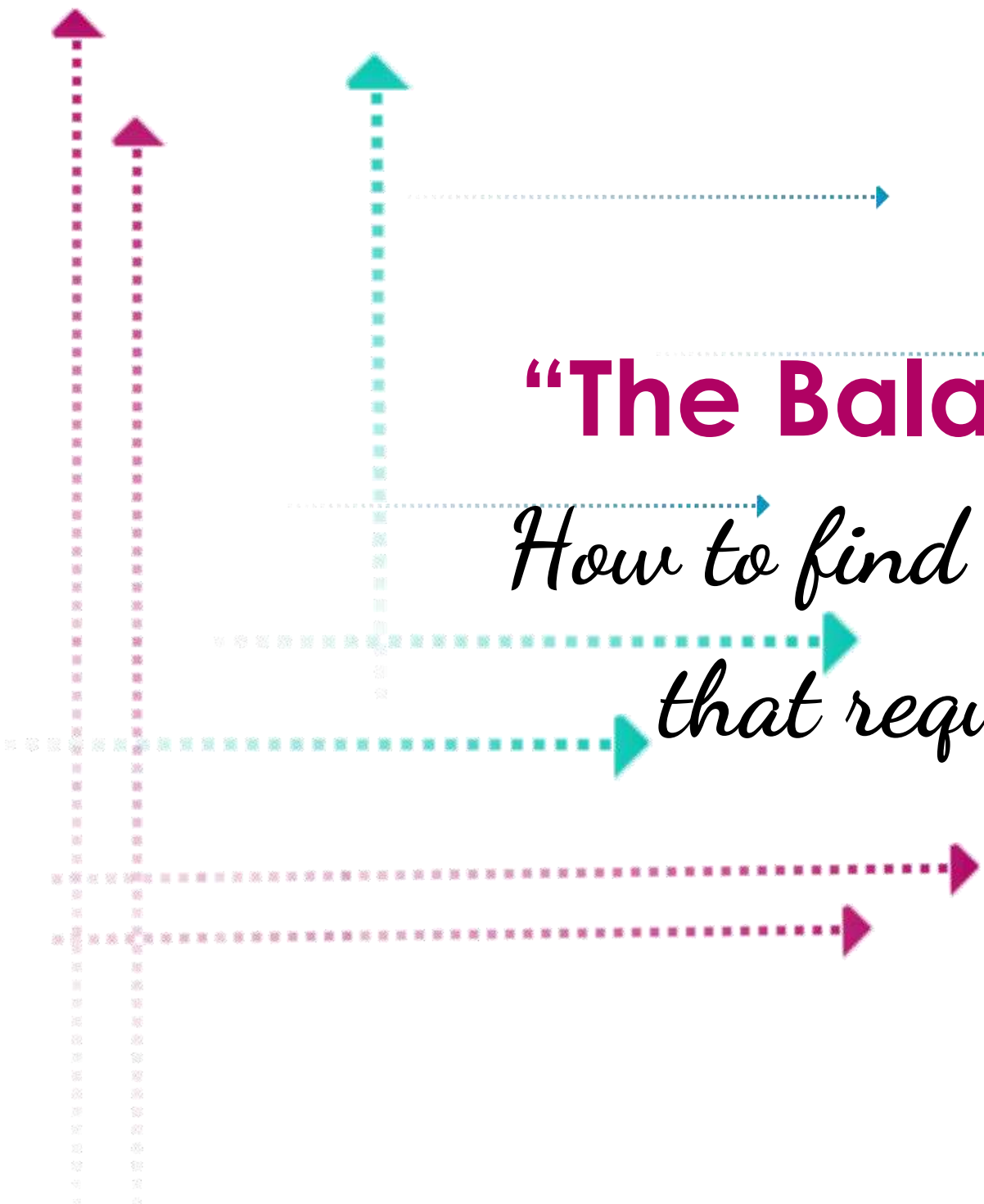


# “The Balance Wheel”

*How to find the areas in life  
that require a little TLC*



## Please Share

I would love you to share this tool with family and friends. You can email it to them, or send them the link below (copy and paste).

<http://dawnbarclay.com>

If you think they would all the other resources and the updates, please ask them to subscribe and I'll send these on. All I ask is that if you use for your groups, or share, courses or clients, please can you include all the links and leave them 'live'.

Let me know if you or anyone you know uses and how you get on.

Subscribers and members: please email me if you have any questions.

Have fun!

*Dawn Barclay xxx*

## What Is It?

The Balance Wheel is a self-evaluation tool. Some call it the 'Wheel of Success' others the 'Wheel of Life'. It can be used for personal or professional development.

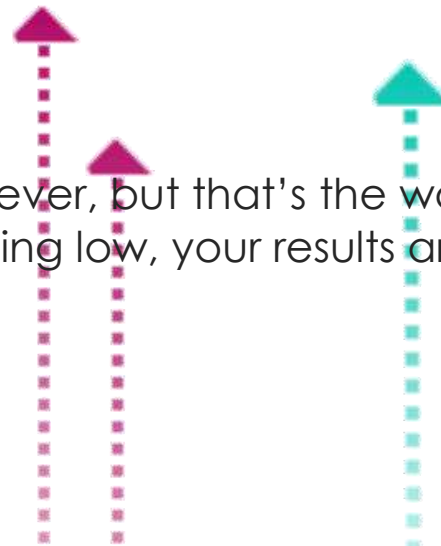
## Benefits of Using The Wheel

It's used a lot in coaching, the wheel very quickly helps you identify where you are, where you would like to be, and the resources you need to get there.

Because you rate yourself, you are able to get a clear grasp in your own head of what's going on with you at this time. Also if you give yourself enough time to complete, you'll probably be amazed at the resources you have (and always have) and how you can tap into.


## When Should You Use The Wheel?

Anytime: your 'state of mind' will play a part however, but that's the way with all self-assessment tools. If you're under the weather, feeling low, your results are going to be different from those when you are in high spirits.








## Points to Remember



Because I can see in their faces (unspoken body language) and pick up what they aren't saying. It means I can ask the right questions. Sadly, I'm not in front of you. So as you go through:

- 
- 
- 
1. Try and take your time
  2. Give each point some thought
  3. Try and complete alone
  4. Be honest
  5. Remember to complete the whole exercise (Parts 1 and 2)
  6. Do one a month for five or six months, to see if there is a difference
  7. Any movement, even the smallest movement forward should be acknowledged



## How To Use the Wheels

Below you will see a pre-written wheel for you, it's pretty big, and covers all area of your life. If you want to break it down just use the blank wheel at the end.

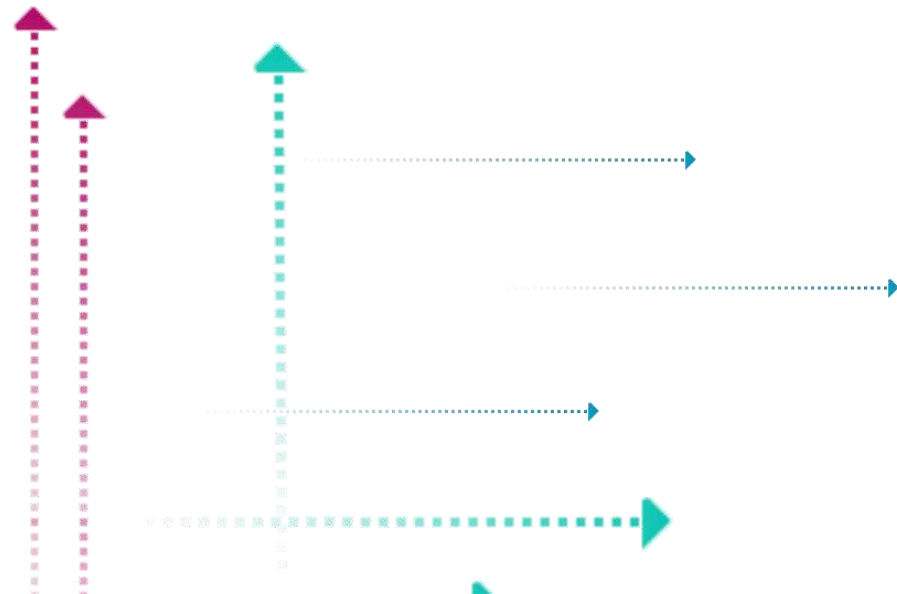
I've completed each 'spoke' for you, however if it doesn't feel right, change the words, or use parts of life that make more meaningful to you.

## The Wheel

Each section of the wheel represents an area of life.

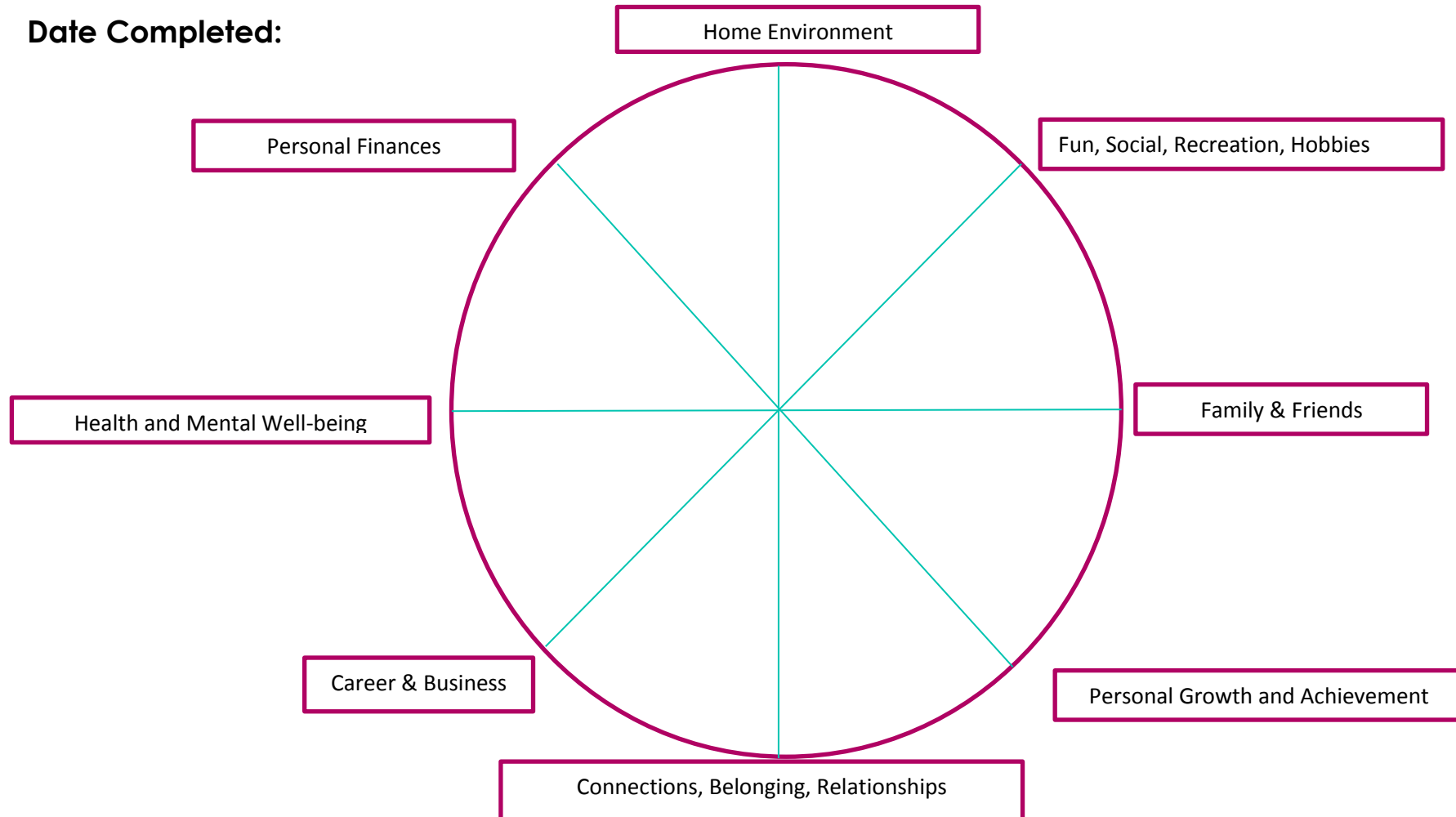
Assume that '0' is in the centre, (totally dissatisfied) and '10' is on the outer circle (totally satisfied).

1. Go through each part of the wheel, and rate your satisfaction
2. Put a mark on the line where you feel your life is at. Anywhere between 0 + 10.
3. When finished, join up your marks (like the game dot-to-dots)
4. You'll have a complete joined up line.
5. Important>>>your final line may be one smooth complete circle, or it may go up and down like mountain range. There is no right or wrong.



# The Wheel of Life: Part 1

Date Completed:



## What are You Looking For?

You may find that you have rated yourself higher in some areas than others. You may have given your social life a '9' and your career a '2', your personal finances a '6' and your connection a '1' and so on.

### You then have to ask yourself some powerful questions:

*Why did I rate that part of my life with that number?*

*Do I want to improve on that number?*

*Has there ever been a time it was higher? What were the circumstances? Where was I?*

*What was I doing? Do I still have the resources? Can I apply them?*

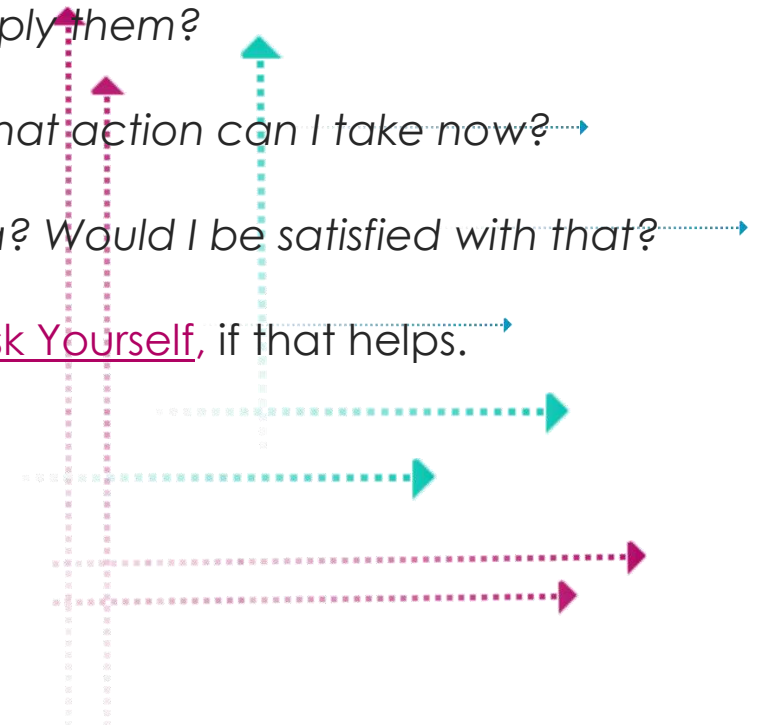
*Why is that number so high?*

*Looking at my wheel, what area needs attention first? What action can I take now?*

*If the number is low, why am I dissatisfied?*

*What would lower in number, if I worked on another area? Would I be satisfied with that?*

There is a post over on the blog called [99 Questions to Ask Yourself](#), if that helps.



# The Wheel of Life: Part 2

You aren't done yet! Now, you have a set a numbers and have had a think about where you are, why and where you would like to be. The next part is capturing all that information, and giving yourself a small plan of action. Nothing massive, there is no deadline, nor is their any punishment. Just getting your thoughts out and on paper will start creating shifts.

	What number did you use to describe your satisfaction? Why?	What number would you like it to be?	What action can you take within the next month?
Example: Home Environment	<i>Number 4. There is some small home improvements to be done, it's not homely. The garden needs a good tidy up and really the place could do with a paint and big clean. Clean out and give away books, clothes I no longer need.</i>	<i>Number 8/9 - like it to feel comfortable, and somewhere that I can return home to and feel at ease. I haven't given a ten, as I would like to move from here in the next couple of years.</i>	<i>The garden, friends have offered to help. So I'll arrange a weekend day, plus I'll be able to up my friends score! Cook for them, make it social. Take a day off work and ask B &amp;D to sort out junk. Hire a skip? Ask friends on FB if they would like the free books...</i>



Personal Finances			
Health & Mental Well Being			
Career and/or Business			
Fun, Social, Recreation, Hobbies			
Friends and Family			

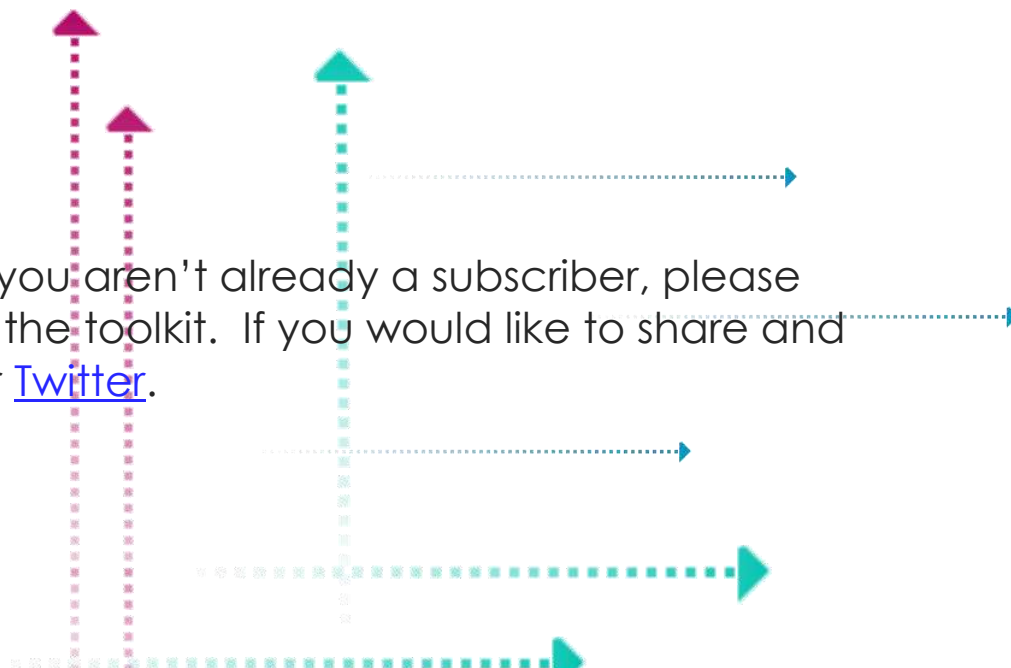
Personal Growth and Achievement			
Connections, Belonging, Relationships			

## Go Gently...

You don't need to tackle every area at once. Small steps: work on the priorities a little each day.

## Want More Worksheets Like This One?

Maybe someone sent you this worksheet, and if you aren't already a subscriber, please head over to [dawnbarclay.com](http://dawnbarclay.com) and sign up for the toolkit. If you would like to share and connect further, we can do this via [Facebook](#) or [Twitter](#).



# Blank Wheel

