

THE WORK LIFE BALANCE WHEEL

Questions to Provoke Action

"Do not let the possibility of laughter pass you by. Become light hearted; let go of too serious a vein. Laughter costs nothing, and can make others as well as you feel relaxed, Feel companionable, feel good."

Quotation from John Lane

- Take a look at your balance wheel. Where is it out of balance?
- Is this a problem right now?
- What is the impact of doing nothing about the lower scores over the longer term?
- How much time are you investing in the larger scores?
- Does any of this time prevent you spending time on the lower scores? Is this deliberate?
- Where would you like a different balance in your life?
- How would you like it to be?
- What can you own and influence?
- When will you be able to do something about it?
- What will the impact of doing something about this mean to other aspects of your life?

If you would like more advice & support to create a great work life balance please contact us.