

THE WORK LIFE BALANCE WHEEL

The Work Life Balance Wheel is a powerful, life coaching tool which allows individuals to analyse their situation and begin to make changes. Without each area at least half full it is difficult for someone to feel consistently happy, and maintain good health and work life balance.

In each section, fill in the amount of the circle which you feel represents your life at the moment. 10 is a full, coloured segment meaning you are completely happy with that area of your life. 1 is the least area of the segment filled in, indicating that you need to address that area of your life. Once you have completed your current one, complete your ideal future work life balance wheel. Once completed, progress to answer the questions in the next document, so you can begin to make this a reality.

Contact us to help get your life in balance!

CURRENT WORK LIFE BALANCE WHEEL:

