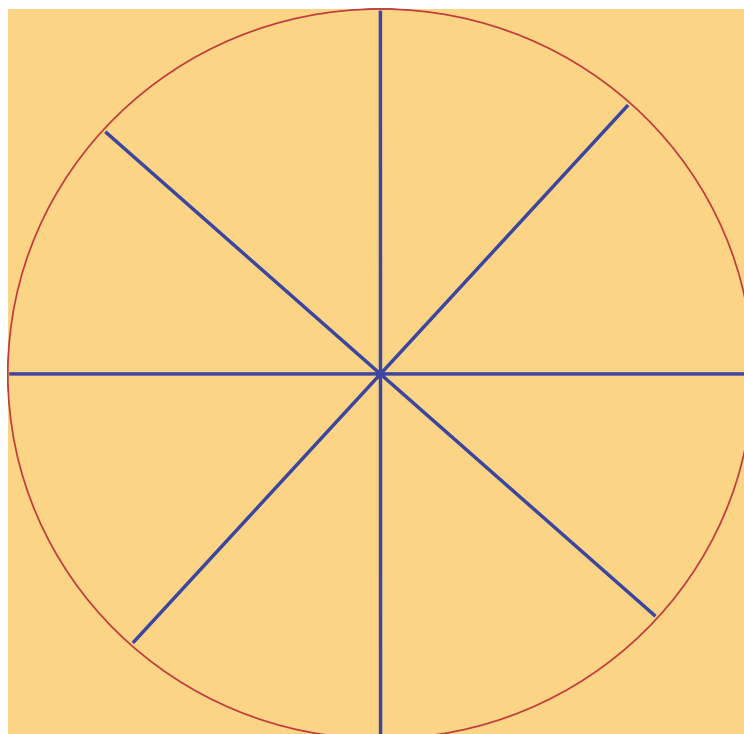


## How well balanced is your life?



As an existing expatriate/someone who is currently living abroad OR as someone who is considering relocating to a new life abroad it may be helpful to take stock of life, to take time out to consider how satisfied you are with your current life in the areas of life that matter to you.

This exercise helps you to do this.

### **Follow the steps below:**

This circle represents your life – hence the title the ‘wheel of life’. Now think about what areas of your life are important to **you**. They may be things such as your health, career, family, friends or financial circumstances (more suggestions given below – but only use them if you really are stuck!). Fill in the eight segments and sub-divide a segment or two if you have more than eight key areas. You may have more, you may have less – no right answers, just what seems right for you.

Once you have labelled the segments it is time to evaluate your satisfaction with each segment in your wheel. The centre of the wheel equates to 0 and the outside rim is 10. 0 is the worst it could be and 10 the best it could be.

Mark your current level of satisfaction with each area. Now don’t be overly tough here, 10 represents only the best you could be today, not ever!! You also need to rate using your gut reactions, for example in the area of friends, if you have very few friends and have just had a major blow out with one of the remaining ones you might rate it 1 or 2. If however you have a few good friends but would love to widen your social network a bit then it might be a 5 or 6. Don’t think too hard, do it quickly and let your subconscious make the decisions.

Finally draw a line across each segment at the level that represents your level of satisfaction for that segment - you will now have a picture of your wheel. It probably looks pretty uneven – if it really were a wheel you would be getting a pretty bumpy ride. This is because you are more satisfied with some areas of your life than with others. This is quite normal, after all very few people live a perfectly balanced life.

Now look back at your wheel, which segments represent your low spots – the areas where you are feeling least satisfied? Make a list of these and rank them in order of importance to you right now.

Regarding your number one area answer the following questions:

- 1 What is it that makes me want to improve my level of satisfaction in this area right now?
- 2 What will improvement in this area give me?
- 3 What could I do to improve things in this area?
- 4 What could other people do to help me to make improvements in this area?
- 5 How will I know that I have made improvements in this area, what will I see, hear and feel that is different and better from now?

If you feel motivated to, you could complete these 5 questions for your number 2 and 3 areas as well.

If you get stuck in thinking of key areas of life for completion of the wheel, here is some help:

Health	Fun	Spirituality
Social Life	Location	Wealth
Learning	Knowledge	Family
Growth	Contribution	Career
Friends		

**REMEMBER!** There is no right or wrong answer only what seems right to you at this moment in time. When you have completed this exercise congratulate yourself on a job well done and the first step in developing your life to one of greater satisfaction and happiness.

### **And what about the good bits!!**

Now take time to look at the areas where you feel things are pretty good at the moment.

- 1 What aspects of your life do you feel good about right now?
- 2 What have been your successes?
- 3 Take time to reflect on this, feel gratitude for what is good and congratulate yourself for things you have done well.

Too often in our frantic lives we forget to do this. We are so busy beating ourselves up about things that we feel we did not do so well, or things that have been disappointments to us that we lose sight of what is positive, successful and a credit to us and those around us.