1. What's my perfect balance?

The Wheel of Life……

Think of your life as a wheel with many different spokes. Balance in life is also different for all of us – it does however need our attention. Setting goals in only one or two areas of our life is like rowing a boat with only one oar. Use this chart to explore what balance means for you and how you can aspire to the ideal.

2. What's in balance?
3. What's out of balance?

Once you're finished …

Write down your main insight from the process on this chart and then write three actions expressing your insight that can help you achieve balance that is right for you. We recommend the following 3 actions:

1. One for the next 24 hours:

2. The second for the upcoming week:

3. The third for the upcoming month:

4. What' getting in the way?

POINTS OF YOU™

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