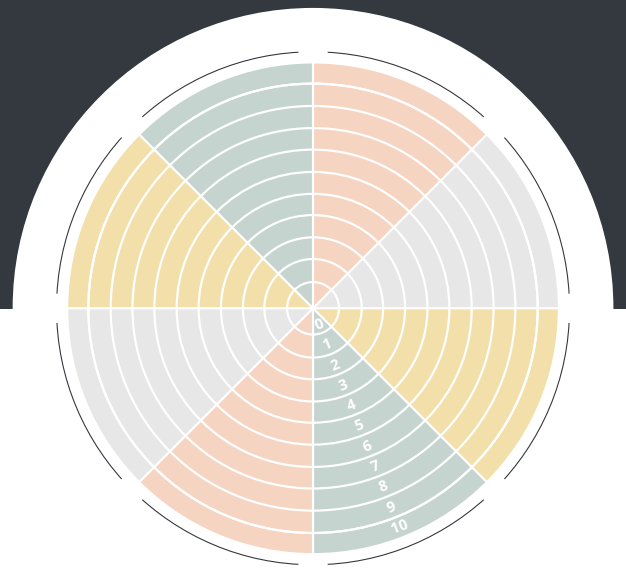


Wheel of Life



The Wheel of Life is a visual tool that is used to assess work/life balance. Think about different areas of your life that are important to you and how you would rate them.

Directions

To create and use the wheel of life, follow these steps:

1. Determine your categories

Identify 8 categories or areas where you devote most of your time. Some examples are health, family, finances, relationships, love, education, career, spirituality, mental health, fitness.

2. Label the outside of your wheel using the categories you chose

Once you have decided on your categories, label each slice of the wheel.

3. Evaluate each area

The idea behind the wheel of life is that you can find fulfillment and happiness if you can find the right balance among your categories. So you'll want to use your wheel of life to visually assess how much time is being devoted to each of the important areas of your life. Go through each category and assess how much attention you're currently devoting to it on a scale of 0 to 10, with 0 being the lowest and 10 being the highest.

4. Connect the dots

After you have gone through each category and marked your score on your wheel of life, connect each mark around the circle. By connecting the dots, you can see just how each area compares and decide whether your wheel is balanced.

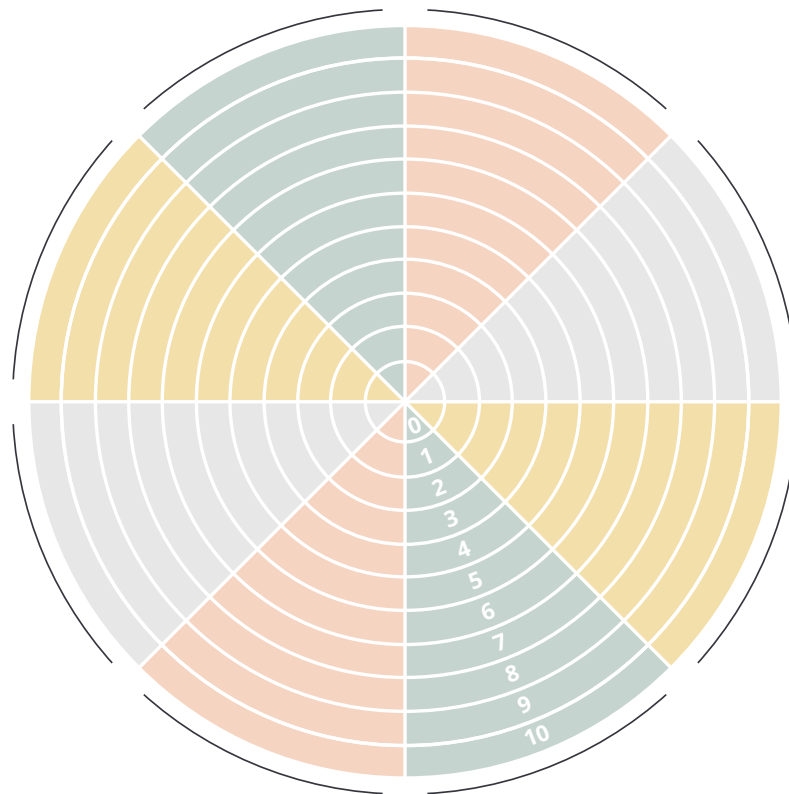
5. Compare the results to your ideal levels

Different areas of your life require different amounts of attention, specifically is different times. Simply put, achieving a balanced life doesn't have to mean that you must give the same amount of focus to each category. Think about what your ideal level is for each category and then plot those scores on your wheel of life in a different color.

6. Take steps to address the areas you'd like to improve

Assess any gaps that exist between your current and ideal life balance. Reflect on the areas that you feel could be improved and how to improve them. This visual tool will help you can identify any gaps and decide the areas in your life that need more of your time and attention.

Suggestion: You can also use this wheel to reflect on your association. Write down areas that you and your team identify as key areas of importance within your association. Examples are membership, community, leadership, achievement, finances, education, advocacy, accreditation, certification.



Reflection questions:

- Are you satisfied with the ratings in each category?
- What area would you like to see improve?
- If you are unsatisfied with your current ratings, where would you like to be?
- What activities can you start doing that will increase your level of happiness or productivity in each category?
- Is there a lower priority activity that you can take time away from to prioritize that area of your life?

For each category, create a monthly goal to help you improve your personal rating.

Category	Goal	How I will feel at the end of the month