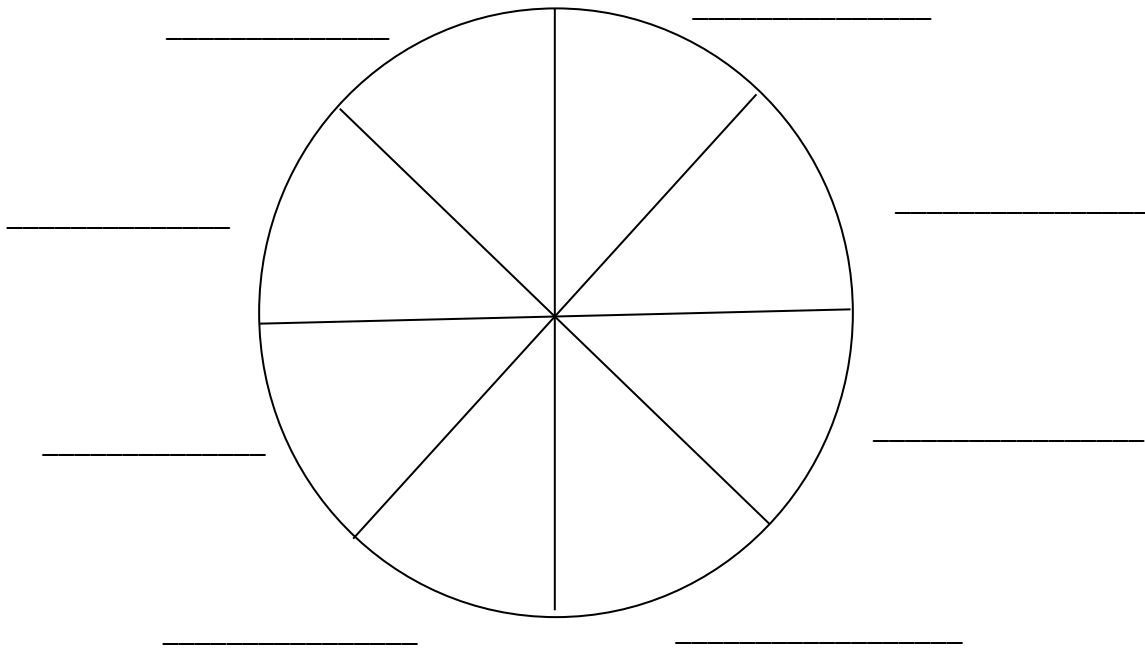

Working at Balance in Work and Life Exercise

It's impossible to separate work from life. What's happening at home impacts our work and vice versa. Perfect work/life balance is not something to be achieved but something to be worked towards.



Step 1: Brainstorm 6-8 areas or dimensions of your life important to you.

- Eg. leader, parent, partner or spouse, friendship, community leader, finances, fitness, recreation, volunteering, professional development, friendship, etc.

Step 2. Write them on the lines around the wheel

Step 3: Give them a rating between 0-10 (0 being low and 10 being high)

Step 4: Draw a curved line to join the lines in each section.

Reflect: If your wheel was a tire on your car, how bumpy would you ride be?

Step 5: Now pick one area and ask yourself, "If I were to improve in that area by one number, what action would I need to take?"