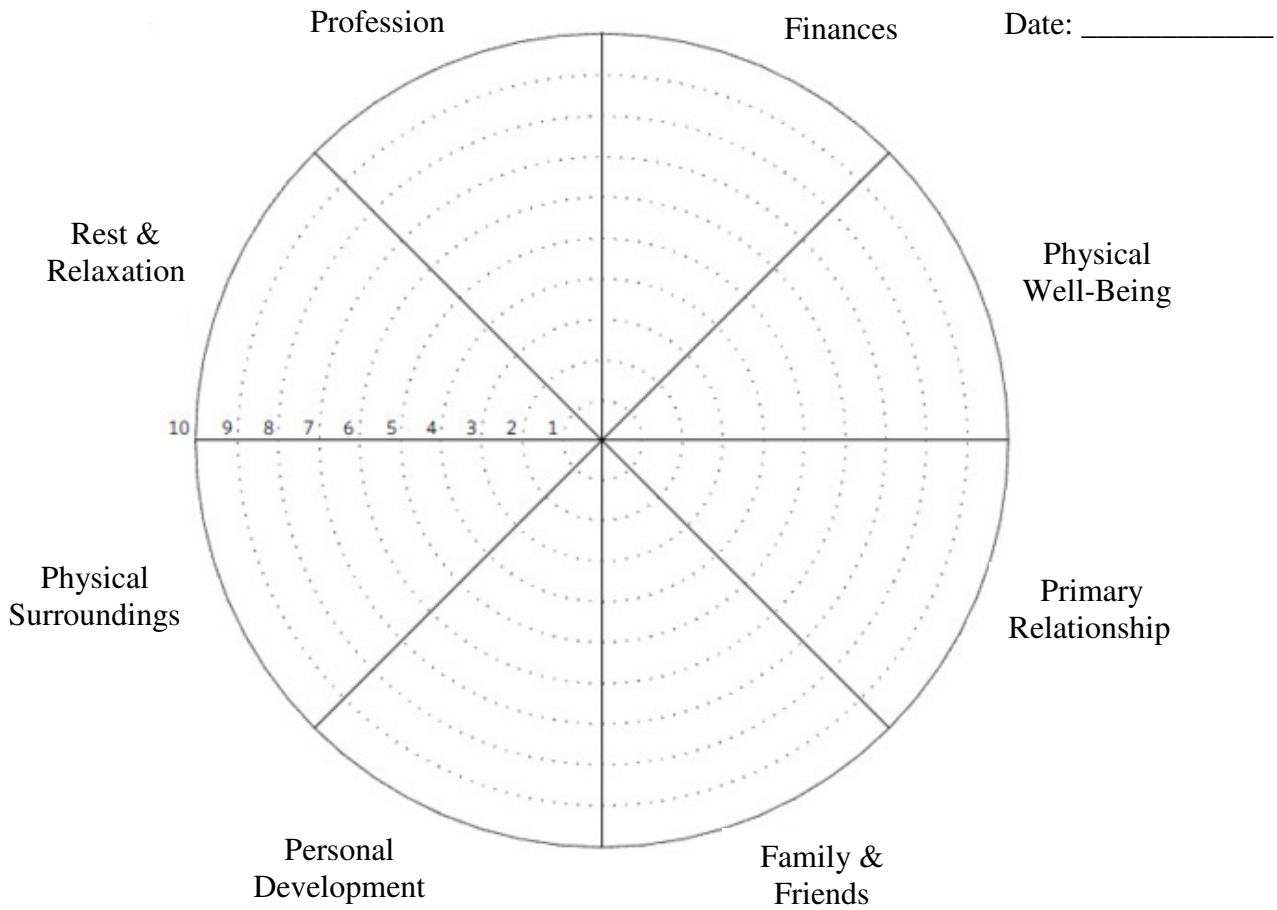


Living a More Balanced Life

Life can sure be bumpy one if it's not in balance. I'm sure you heard the stories of people who spend countless hours at their jobs making a ton of money, yet neglect their health and relationships. You may even be one of these people. What's it all for if you are not enjoying yourself and having a fulfilling life? Too often we focus on the future, and forget about the NOW. Ever stop to consider how one area in your life REALLY affects another?

To help with this, you need to first determine your current life balance. Take some time to complete this simple, yet powerful exercise on identifying your current life balance.

Since true happiness is the result of life balance, the Life Balance Wheel is an excellent place to start. It provides a visual depiction of the level of balance you are currently experiencing in your personal life. Identify the level of fulfillment within each of the eight areas of the wheel (1 being low, 10 being high). Then connect the dots. The rounder the wheel, the more balanced your life.



Category	Definition
Profession Life Purpose	Giving and expressing your unique gifts and talents
Rest & Relaxation	Time for regeneration, enjoyment, leisure
Physical Surroundings	Where you spend time – home, office, car, etc
Personal Development	Your process of growth and self-discovery
Friends & Family	Satisfaction with parents, children, brothers, sisters, etc
Primary Relationship	Your being/not being in a primary relationship
Physical Well-Being	Your body, health, sense of physical safety
Finances	Your relationship with (giving and receiving) money, abundance