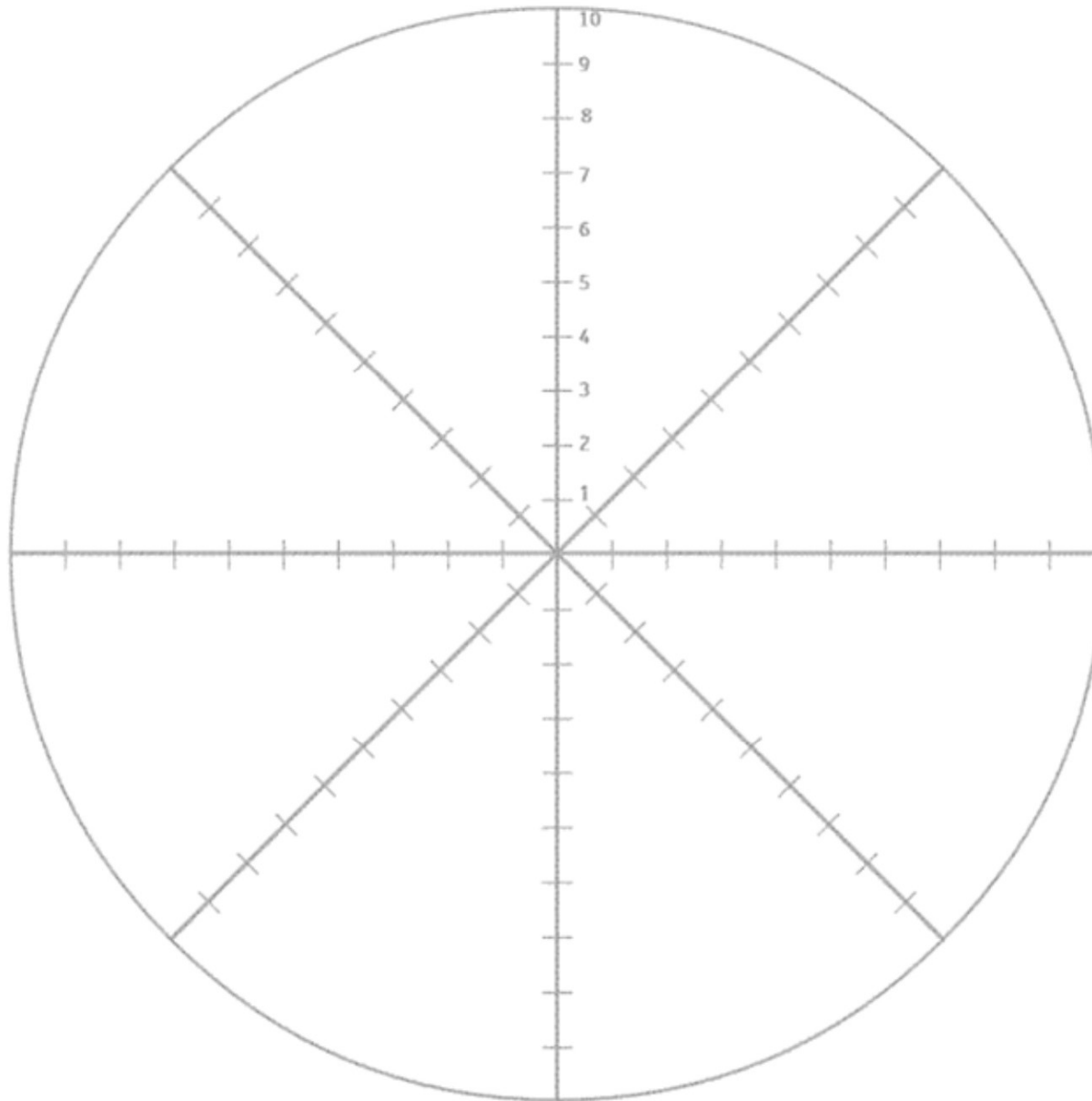


# Balance Wheel

## Quick Instructions

1. Think of topic areas you'd like to improve.
2. Assign them to segments.
3. If that area was as good as it could conceivably be ie 10/10 (the outside edge) draw a line across the segment *where you rate yourself now* in relation to it.
4. How does the wheel look? Which areas do you most need to work on based on how far you are from 10 (as good as you could get it to be)?



## Detailed instructions

Think of different areas of your work performance or life that you'd like to improve. Allocate those areas to different segments of the wheel. Write headings for each one above each segment. Feel free to double up some segments. You don't need to use all the segments if you don't want to.

Now rate how satisfied you are for each named segment on a scale of 1 to 10 where 1 (near the centre) is lowest and 10 (the outside edge) is highest and how you would like things to be. Draw a line across the respective segment corresponding to your chosen value. Complete for each segment. Shade in the inner 'wedge' if it helps.

When you've finished consider the shape of your wheel. How wonky or unbalanced is it? Which of the topic areas display the most disparity between your current level of satisfaction and your performance ideal? These likely indicate areas most deserving of your attention.

Select a maximum of three areas that are the highest priority and would make most difference were you to take action on them. What options do you have and what actions could you take that would make the most difference in enabling you to close the gap even if by only increment? What is the first step you could take and by when could you take it?

Do you appreciate how this tool helps? Use it by yourself or share your goals and commitments with a friend, colleague, confidant or - even better - a coach.

For more information or advice on life, career, or team coaching please contact Mark Wilkinson on 07786 638130, [mark@headspacecoachingplus.co.uk](mailto:mark@headspacecoachingplus.co.uk).