

## The Balanced Life Tool

### Introduction

What is it to be satisfied with life? While inevitably subjective being satisfied with your life is likely to strongly correlate to thriving or *flourishing* which Martin Seligmen, founder of Positive Psychology defines as: "the state of living a 'good life' by finding fulfilment, accomplishing meaningful tasks, and connecting with others". It would be fair to claim that having a positive state of physical and mental health is essential too, since you're unlikely to be satisfied with your life if you suffer from poor health. But how can you get a measure for whether you're truly flourishing and to what degree beyond a vague personal notion?

Based on research from the worlds of Positive Psychology, health and well-being this tool provides you with the means to find out and crucially identify changes you can make to raise the quality of your life in the areas most closely associated with flourishing. Dis-contentment generally arises when areas of your life are unsatisfactory and out of balance with the rest. By grouping the key domains of life into three and breaking them down into five ratable sub-components this tool gives you a comprehensive way to identify where your biggest imbalances are and which most warrant your attention. Thus empowered you can take action and bring yourself back into a healthy balance.

### How to complete it

On Section 1: Life Satisfaction Assessment rate your satisfaction for each topic / life focus on a scale of 1 – 10 by drawing a line across the applicable segment with 1 the lowest and near the centre of the wheel, and 10 the highest and on the rim (it's the same as a Wheel of Life if you've used one of those).

Next review your ratings and identify the two lowest under each of the three categories: Your Life, Your Relationships, and Your mind & body by putting a tick or cross besides the applicable segments. If you have more than one area rated equally low choose the one you would most benefit from taking action on in the short term. The assumption is that areas of your life you're least satisfied with will benefit you the most from being raised and help provide you with balance.

With your six priority areas identified you're ready to go to the Questionnaire Section 2. Write the name of the Topic / Life Focus area at the top and complete six questionnaires, two for each category. This should leave you with six goals and their associated actions to begin taking forward with potential to improve your life. Six are about the maximum you're likely to be able to realistically action in the short term.

An alternative approach: While having your actions spread across the three categories helps give you balance don't feel beholden to this. If your lowest ratings fall mainly in only one or other of the categories' then complete questionnaires for them instead. This is a tool, so use it in the way that will benefit you the most. I hope you find it useful.

NB. Even with abundant resources making changes on your own can be challenging. If you're serious about changing your life for the better or getting it more balanced why not consider having some life coaching? Nearly everybody who does attests to how much more effective - and satisfying - it is at producing desired results compared to a DIY approach. For a free consultation and coaching taster simply contact me at Headspace Coaching+.

Kind regards,

Mark Wilkinson

Founder/Director

## Section 1: Life Satisfaction Assessment

Rate your level of satisfaction for each segment of the wheel on a scale of 1 (lowest) to 10 (highest). Note which are most out of balance and/or warrant prioritising then continue to Section 2 to work out some goals and actions with potential to help raise your satisfaction and improve your life balance.



<sup>1</sup> The amount and quality of your involvement.

<sup>2</sup> How well you are looking after your brain and maintaining cognitive ability, especially important as you age.

## Section 2 Questionnaires: Your Life

Life Focus			
1. How satisfied are you with this on a scale of 1 – 10	Low <span style="float: right;">High</span> 1.....2.....3.....4.....5.....6.....7.....8.....9.....10		
2. Reason for rating?			
3. In a few sentences what would you need to do to make this a 10?			
4. What is the goal arising?			
5. How challenging is this goal?	..... On a scale of 1 - 10	6. How motivated are you by it?	..... On a scale of 1 - 10
7. How important is it you take action on this goal in the next 12 months?	Very important Important Neither impt. or unimpt. Unimportant Not important at all	Reason for answer (NB. If it's not important skip the rest!):	
8. If important when do you need to start / schedule your first action?	Next week Next month Next 3 months Next 3 – 6 months Next 6 – 12 months		
9. What small thing could you do from today to bring you a step closer to it?	Tip: Try writing this as an implementation plan - I will [BEHAVIOR] at [TIME] in [LOCATION]		
10. What conclusion are you drawing from this?			

Life Focus				
1. How satisfied are you with this on a scale of 1 – 10	Low 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 High			
2. Reason for rating?				
3. In a few sentences what would you need to do to make this a 10?				
4. What is the goal arising?				
5. How challenging is this goal?	..... On a scale of 1 - 10	6. How motivated are you by it?	..... On a scale of 1 - 10	
7. How important is it you take action on this goal in the next 12 months?	Very important Important Neither impt. or unimpt. Unimportant Not important at all		Reason for answer (NB. If it's not important skip the rest!):	
8. If important when do you need to start / schedule your first action?	Next week Next month Next 3 months Next 3 – 6 months Next 6 – 12 months			
9. What small thing could you do from today to bring you a step closer to it?	Tip: Try writing this as an implementation plan - I will [BEHAVIOR] at [TIME] in [LOCATION]			
10. What conclusion are you drawing from this?				

## Your Relationships

Life Focus			
1. How satisfied are you with this on a scale of 1 – 10	Low 1.....2.....3.....4.....5.....6.....7.....8.....9.....10		High
2. Reason for rating?			
3. In a few sentences what would you need to do to make this a 10?			
4. What is the goal arising?			
5. How challenging is this goal?	..... On a scale of 1 - 10	6. How motivated are you by it?	..... On a scale of 1 - 10
7. How important is it you take action on this goal in the next 12 months?	Very important Important Neither impt. or unimpt. Unimportant Not important at all	Reason for answer (NB. If it's not important skip the rest!):	
8. If important when do you need to start / schedule your first action?	Next week Next month Next 3 months Next 3 – 6 months Next 6 – 12 months		
9. What small thing could you do from today to bring you a step closer to it?	Tip: Try writing this as an implementation plan - I will [BEHAVIOR] at [TIME] in [LOCATION]		
10. What conclusion are you drawing from this?			

Life Focus			
<b>1. How satisfied are you with this on a scale of 1 – 10</b>	Low	High	1.....2.....3.....4.....5.....6.....7.....8.....9.....10
<b>2. Reason for rating?</b> *Flow, engagement, energy in that order where flow is the highest state.			
<b>3. In a few sentences what would you need to do to make this a 10?</b>			
<b>4. What is the goal arising?</b>			
<b>5. How challenging is this goal?</b>	..... On a scale of 1 - 10	<b>6. How motivated are you by it?</b>	..... On a scale of 1 - 10
<b>7. How important is it you take action on this goal in the next 12 months?</b>	Very important Important Neither impt. or unimpt. Unimportant Not important at all	Reason for answer (NB. If it's not important skip the rest!):	
<b>8. If important when do you need to start / schedule your first action?</b>	Next week Next month Next 3 months Next 3 – 6 months Next 6 – 12 months		
<b>9. What small thing could you do from today to bring you a step closer to it?</b>	Tip: Try writing this as an implementation plan - I will [BEHAVIOR] at [TIME] in [LOCATION]		
<b>10. What conclusion are you drawing from this?</b>			

## Your Mind & Body

Life Focus				
1. How satisfied are you with this on a scale of 1 – 10	Low	High	1.....2.....3.....4.....5.....6.....7.....8.....9.....10	
2. Reason for rating?				
3. In a few sentences what would you need to do to make this a 10?				
4. What is the goal arising?				
5. How challenging is this goal?	..... On a scale of 1 - 10	6. How motivated are you by it?	..... On a scale of 1 - 10	
7. How important is it you take action on this goal in the next 12 months?	Very important Important Neither impt. or unimpt. Unimportant Not important at all	Reason for answer (NB. If it's not important skip the rest!):		
8. If important when do you need to start / schedule your first action?	Next week Next month Next 3 months Next 3 – 6 months Next 6 – 12 months			
9. What small thing could you do from today to bring you a step closer to it?	Tip: Try writing this as an implementation plan - I will [BEHAVIOR] at [TIME] in [LOCATION]			
10. What conclusion are you drawing from this?				

Life Focus				
1. How satisfied are you with this on a scale of 1 – 10	Low 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 High			
2. Reason for rating?				
3. In a few sentences what would you need to do to make this a 10?				
4. What is the goal arising?				
5. How challenging is this goal?	..... On a scale of 1 - 10	6. How motivated are you by it?	..... On a scale of 1 - 10	
7. How important is it you take action on this goal in the next 12 months?	Very important Important Neither impt. or unimpt. Unimportant Not important at all		Reason for answer (NB. If it's not important skip the rest!):	
8. If important when do you need to start / schedule your first action?	Next week Next month Next 3 months Next 3 – 6 months Next 6 – 12 months			
9. What small thing could you do from today to bring you a step closer to it?	Tip: Try writing this as an implementation plan - I will [BEHAVIOR] at [TIME] in [LOCATION]			
10. What conclusion are you drawing from this?				