

# AGES AND STAGES

## LIVING A WELL-BALANCED LIFE

A well-balanced life is essential for allowing your body and mind to cope with challenges and transitions. At any given moment, we make choices between freedom and responsibility. The ratio of freedom to responsibility could be vastly different than that of a family member or friend. Everyone has varying ideas on the value of achievements and enjoyment. When we balance/integrate what we must do with what we want to do, we are creating a happy and fulfilled life. Being clear on your priorities and aligning your life with what you value will help to keep you from letting the "urgent" override the important.



### THE WHEEL OF LIFE – ARE YOU SPINNING?

Each segment of the wheel represents an area of life. The wheel is a scale where the centre represents complete unhappiness and dissatisfaction (0) and the outer ring represents complete happiness and satisfaction (10). Rank your level of satisfaction by filling in each segment to the appropriate ring.

#### FAMILY

Parents, Children, Relatives, Spouse, Parenting

#### WORK

Career, Workplace Relations, Skills, Leadership

#### SOCIAL

Friends, Community, Environment, Values, Education, Intellect

#### SPIRITUALITY

Morals, Life Purpose, Relationship with God

#### HEALTH

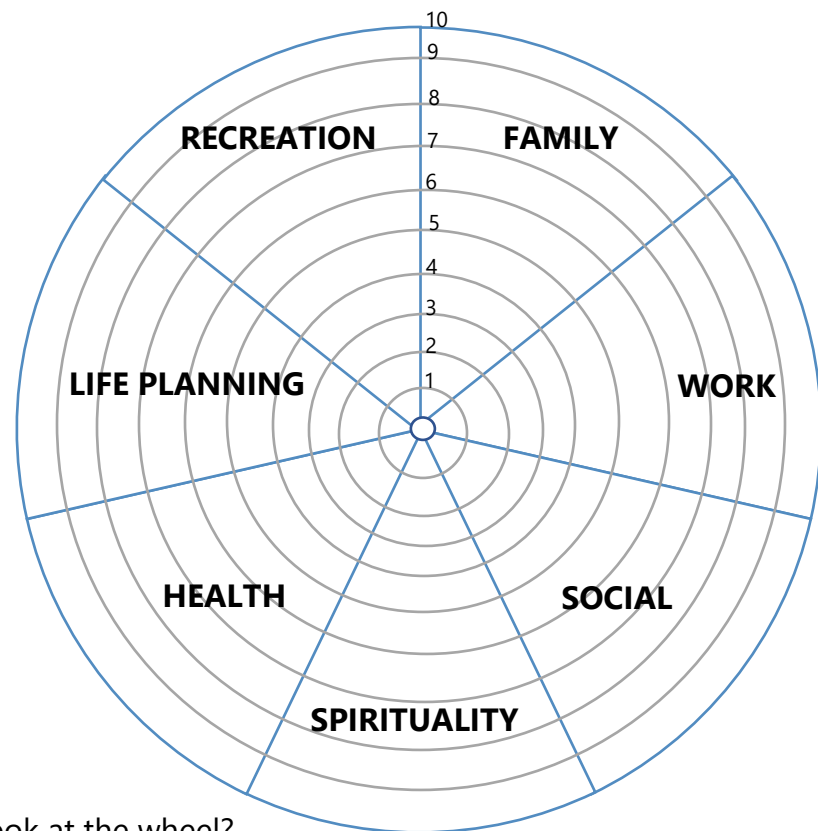
Fitness, Nutrition, Stress, Medicine, Lifestyle

#### LIFE PLANNING

Money, Time Management, Goals, Aging

#### RECREATION

Arts and Music, Literature, Sports, Travel, Fun



### REFLECT

- How do you feel about your life when you look at the wheel?
- Is the transition from each segment smooth or are there drastic shifts?
- How might you be able to integrate different segments into one?
- Is there an area that you would like to change to increase fulfillment?
- What 2 or 3 action steps can you take this week to create the change you want to see?

Source: <https://www.startofhappiness.com/wheel-of-life-a-self-assessment-tool/>