

ACTIVITY: Wheel of Life

Often when we talk about self-care, the subject of work-life balance or just life balance comes up. But how often do we actually consider the areas in our life that would contribute to better balance? Even more, how often do we act on improving these areas that we neglect or feel least satisfied with? The more neglectful we are with our life balance, the more likely our self-care and resilience can suffer.

Using the Wheel of Life can help people to assess their level of satisfaction/dissatisfaction in various domains of life and inform them of any gaps between perceived "balance" and reality. When people can identify the areas of their life that need attention, they can work to improve those areas over time.

It is important to understand that this tool takes a snapshot of where someone assesses themselves in that moment and is subject to change over time.

Try This!

- 1) Rate your level satisfaction in each of the domains using the wheel. A score of 1 indicates that you are not satisfied at all and a score of 10 means that you are highly satisfied.
- 2) Connect the lines to form an inner wheel. This will give you an overview of the level of satisfaction in your life (see next page for an example).
- 3) Identify 1 domain that draws your attention. Consider the following:
 - Why does this domain need attention?
 - What would it take to raise your satisfaction by one point in this domain?
 - What can you do to raise your satisfaction in this domain?
- 4) Create one SMART goal around the 1 domain that you have identified.
SMART Goals = Specific, Measurable, Attainable, Realistic, Timely
- 5) Determine a future date and time to revisit this SMART goal and to reassess your Wheel of Life.

The Wheel of Life. Seph Fontane Pennock & Hugo Alberts.

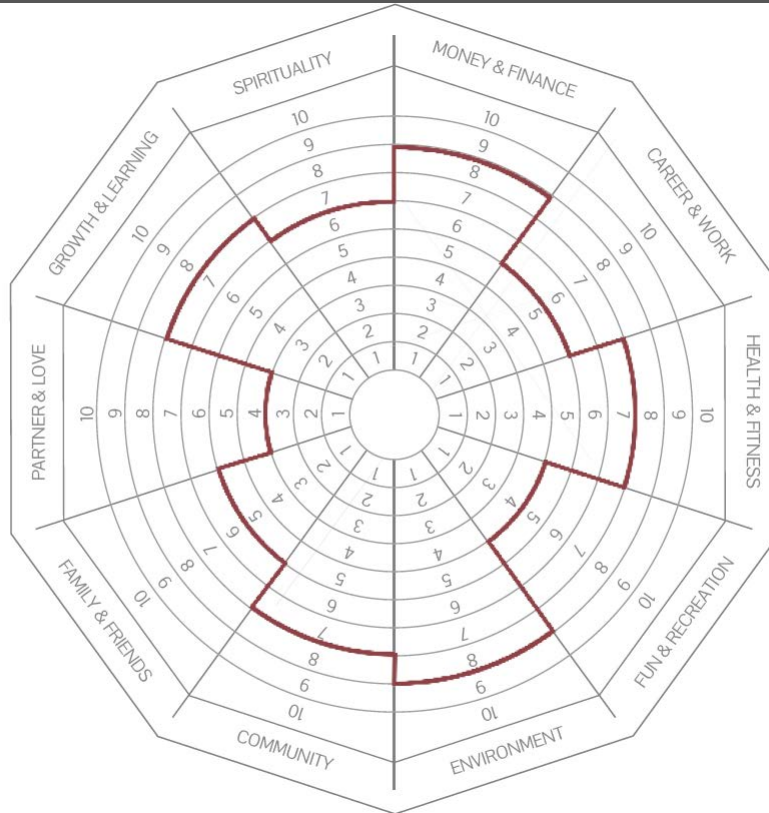
<https://positivepsychologyprogram.com/wheel-of-life/>



RESILIENCY

How I... care for myself

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What is one area in your Wheel of Life that you would like to improve?

Partner & Love

Let's create a SMART goal to raise your level of satisfaction in this domain.

Specific – *I want to spend more time with my partner by talking to them for at least 15 minutes at dinner time (M-F) to improve our relationship, connection and long-term communication. We will talk about each other's work day and discuss hobbies/interests/recreational activities.*

Measurable – *Before dinner every night of the work week (M-F).*

Attainable – *Set a reminder on my phone with an alerts 1 hour before dinner. Also, have conversation prompts on index cards to refer to if we run out of things to say.*

Realistic – *We will complete 80% of our "communication time" each week.*

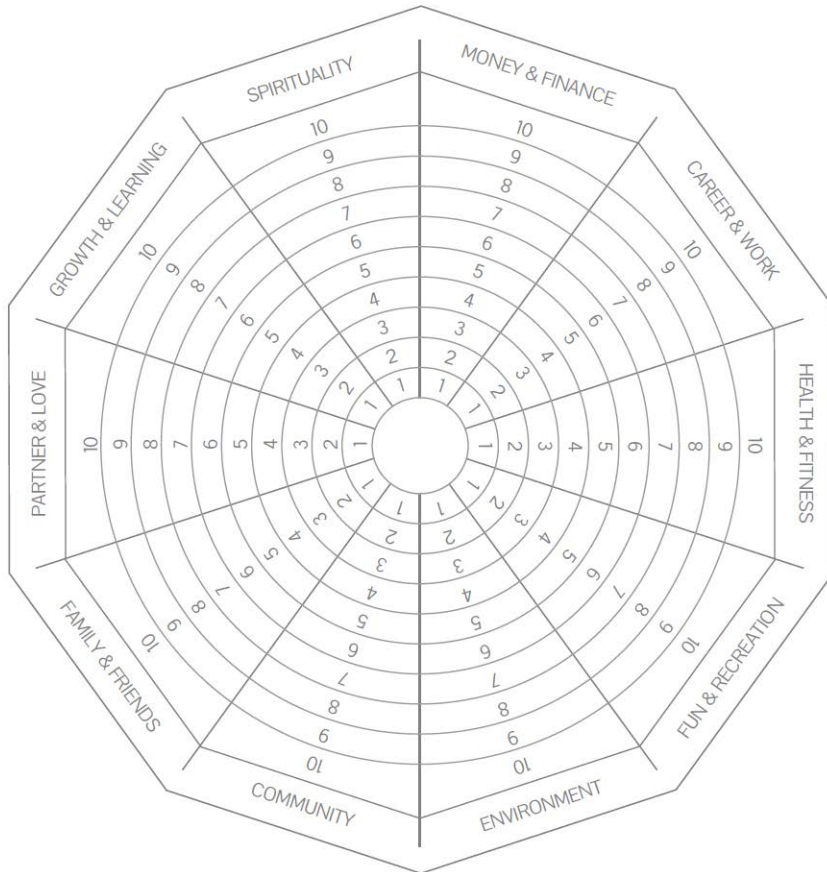
Timely – *We will review how well this communication goal is going after 4 weeks and make adjustments as needed.*



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Measurable -

Attainable -

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