

THE BALANCE WHEEL

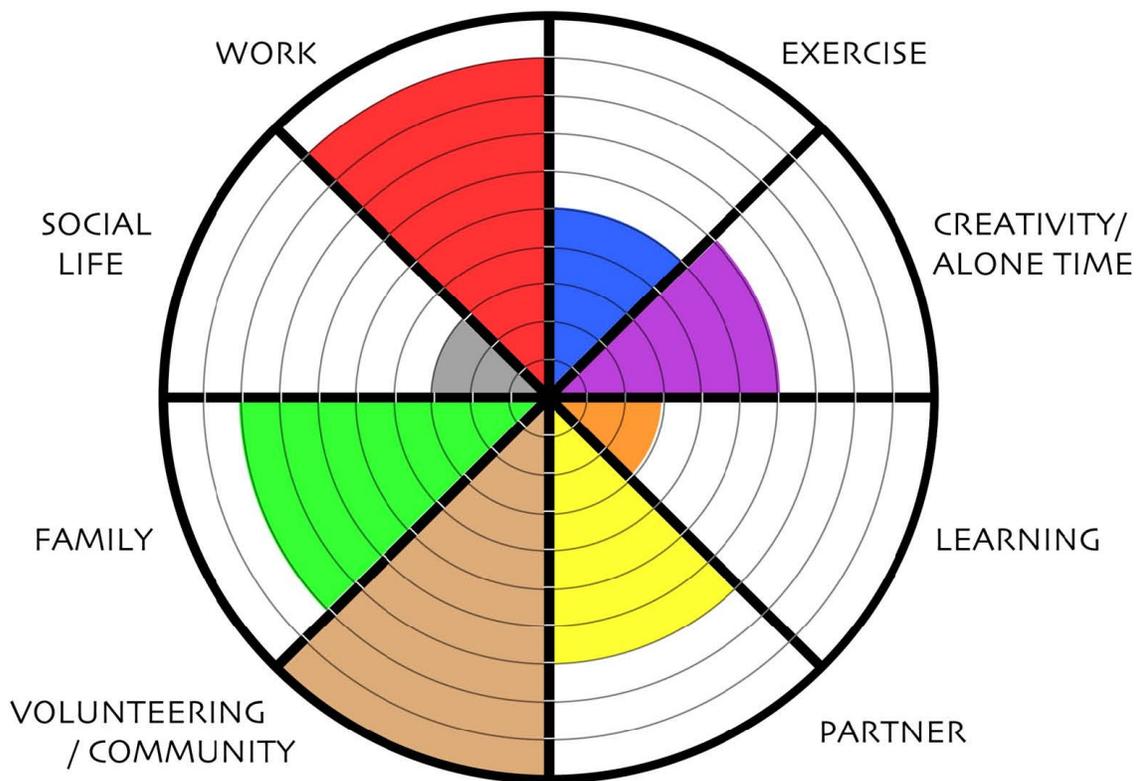
The 'Balance Wheel' is a tool which can help you to set goals and identify the most important areas within your learner's lives. The eight sections of the wheel represent 'Balance'.

How to complete the Balance Wheel

Ask your learner to identify eight of the most important areas within their lives and write them next to each section of the Balance Wheel. Regarding the centre as 0 and the outer edge as 10; ask your learner to shade in each of the eight sections to show how satisfied they are (0 = Not satisfied 10 = Very satisfied).

The aim of this exercise is to highlight how satisfied someone is at any given moment of their lives. It may be done as an initial (assessment) exercise then repeated following a period of time to observe the progress of the learner. Each of the sections that show dissatisfaction may also help to form the learners' goals and targets.

See example below:



THE BALANCE WHEEL: WORKSHEET

The 'Balance Wheel' is a tool which can help you to set goals and identify the most important areas within *your* life. The eight sections of the wheel represent 'Balance'.

Take a moment to think of the eight most important areas in your life and use them to label each section of the Balance Wheel below.

Now, think about how satisfied you are for each of your chosen areas and then shade in the sections using the centre as "0 = not satisfied" and the outer edge as "10 = extremely satisfied". This will show your current levels of satisfaction in the areas that are most important in your life.

The areas with the low scores (e.g. below 5) may be used to form goals which you can aim to achieve within a specific time period. Repeat the exercise after some time to see if you have achieved greater satisfaction in the low scoring areas.

