

How to Achieve a Greater Work Life Balance

Why do some people live a miserable discontented life? Yet other people live the life of their dreams? It's all in the planning. If you fail to plan, you plan to fail! There are 8 key fundamental areas of your life, that if you plan and take action on the key areas, you will make massive improvements and live a happy and contented life. The life of your dreams. 'Thoughts are things,' and when written down, planned and acted upon, they become their reality. So 'your' dreams really 'can' come alive.

Fill in the scores at the bottom of the box. The idea is to put the scores as accurate as you are feeling about that category of your life. Don't panic if you score one area of your life '1' or '0.' Our goal is to be accurate so we can 'focus' on the 'action' required. After scoring all your areas go on to the wheel and colour in your score with a pen or highlighter in the appropriate section. So if you scored 7 for 'health,' colour in the 7 areas moving out from the centre in that segment. Then do the same for all the other segments, colouring in the area's from the centre equal to the number you scored in that section.

[illegible]

The Wheel of Life

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After doing all 8 segments you will have a wheel. Notice how round or un round your wheel of life your chart is? For your life to be balanced it needs to be rounded, ideally on a 7 or more. If you have scored more in some sections than some in others, do not be concerned. These lower scoring segments are highlighting to you the areas of immediate focus.

Once you have assessed your wheel of life, focus on the actions it would take to increase your scores in each segment so you can achieve a 10 out of 10 wheel. So in the segment on 'health,' list all the 'actions' you need to take to become healthier. (e.g. exercise more, eat healthier, etc). Then do the same in the other segments so you can have a plan to take actions to increase the quality of life in that segment. You now have your plan completed. The next thing is to write dates next to the actions and get them completed by those dates. Once you have completed the actions and you are at a 10 out of 10, keep writing new actions so you stay at your optimum score.

