

ACTIVITY: Wheel of Life

Purpose

- Discuss life balance and what it means to have balance.
- Help team members identify areas in their lives where they are very satisfied and areas where they are not as satisfied using the Wheel of Life.
- Discuss how they can use this tool to create a more balanced life.

ESTIMATED TIME

20-30 minutes

MATERIALS

Required:

- A. Pencils or pens
- B. Wheel of Life Form

Background

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 that takes a snapshot of where someone assesses themselves in that moment and is subject to change over time.

Activity

- 1) Begin a discussion about self-care and life balance.
- 2) Ask the team to think about their own life balance. Are they satisfied or not? If there are individuals in the room that feel they currently have balance in their lives, how do they achieve this?
- 3) Distribute and introduce the Wheel of Life. Explain that the Wheel of Life is a tool that provides a snapshot of how satisfied they are in 10 pre-defined domains of his/her life.
 - Money & Finance
 - Career & Work
 - Health & Fitness
 - Fun & Recreation
 - Environment
 - Community
 - Family & Friends
 - Partner & Love
 - Growth & Learning
 - Spirituality
- 4) Ask participants to rate their level of satisfaction in each of the domains using the wheel. A score of 1 indicates you are not satisfied at all and a score of 10 means you are highly satisfied.
- 5) Next, ask participants to connect the lines to form an inner wheel. This will give them an overview of the level of satisfaction in their life. You can show the team the example of the completed Wheel of Life Activity in this packet.
- 6) Ask the team to identify 1 domain that draws their attention.
- 7) Once they have identified a domain, ask the team to consider and discuss:
 - Why does this domain need attention?
 - What would it take to raise your satisfaction by one score in this domain?
 - What can you do to raise your satisfaction in this domain?



Activity

- 8) Ask participants to create one SMART goal around the 1 domain that they have identified.

SMART Goals = Specific, Measurable, Attainable, Realistic, Timely

NOTE: When people identify specific life domains that they find that they are unsatisfied with, they may want to drastically improve their satisfaction levels. However, it is important to create SIMPLE goals around 1 area at a time (2 goals at a time might be okay). For example: instead of raising a 3 to a 10 in one week's time, maybe identifying what could they do this week to raise one particular domain from a 3 to a 4.

Discussion Questions/ Key Points

- In what ways does life balance impact self-care and resilience?
- Why do many people struggle with life balance?
- How often do you take time to assess the balance in your life?
- What techniques do you currently use to better balance your life?
- How can you use this tool to create a more balanced life?

Let's Try This!

If we aren't intentional about following through with our goals, we may never reach them.

Ask the group if they would be comfortable pairing up with another team member or 'accountabil-i-buddy'. Their buddy could help to ensure that their partner achieves their wheel of life SMART goals.

Follow-up

When used on a regular basis, this is an excellent tool to see how far someone has come in perceived life balance. Periodic balance checks can highlight useful patterns and facilitate behavioral change.

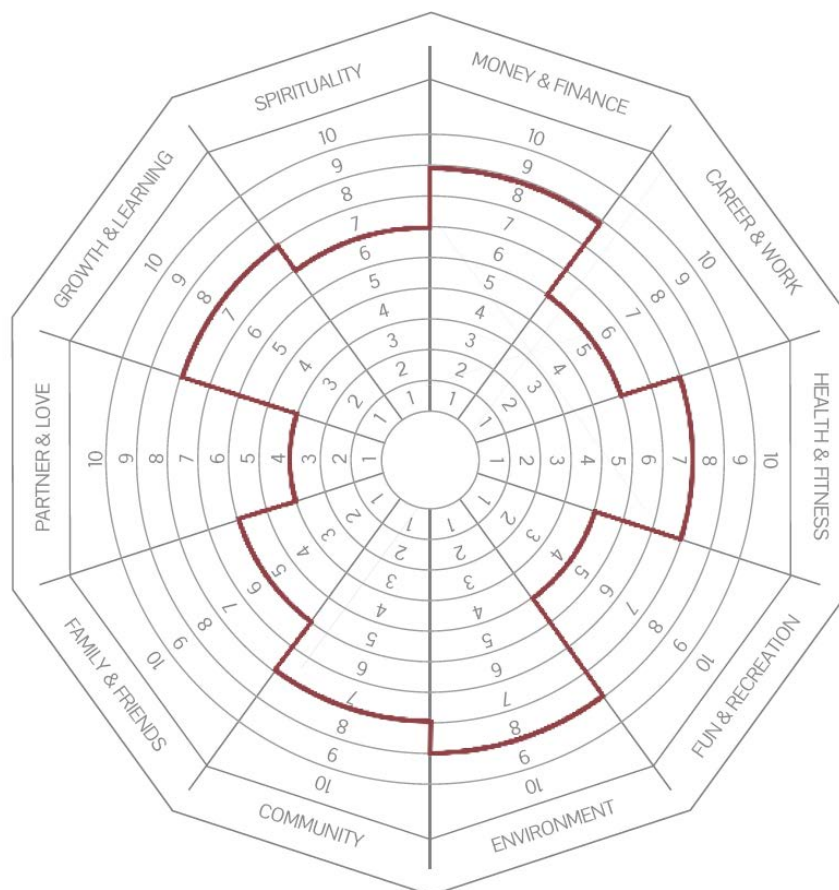
Check back with the team after 1 month (or other agreed upon timeframe) to see if team members have achieved their SMART goals, revisit their perceived life balance, and create new SMART goals.

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

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



Completed Activity



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.*

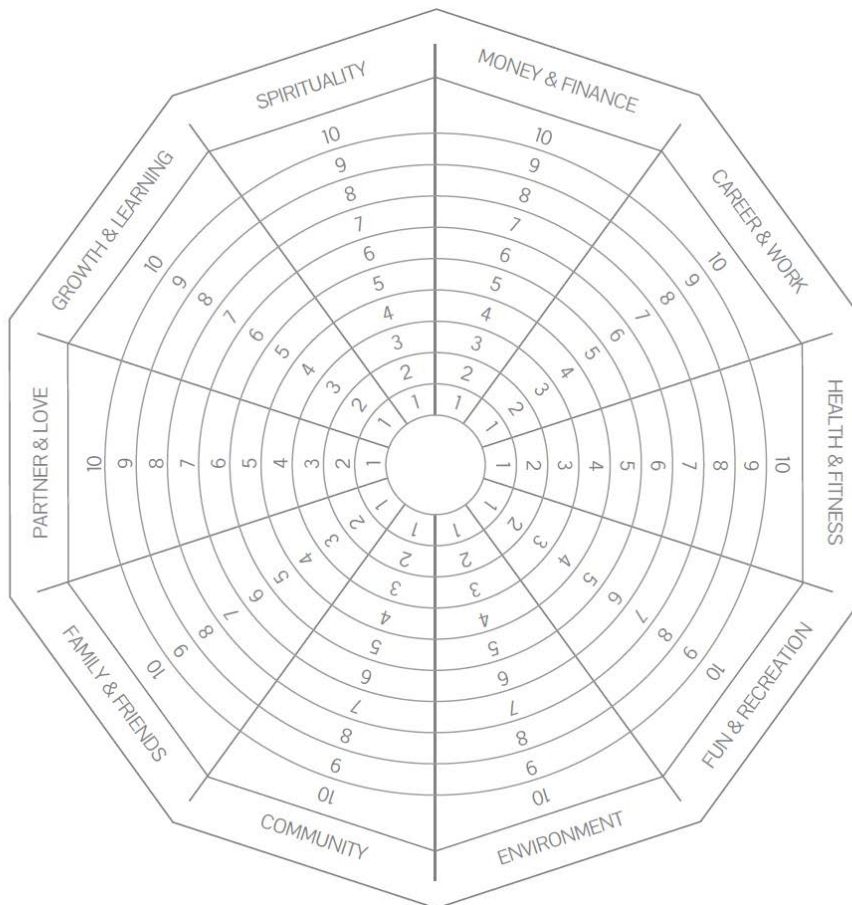
Realistic – *We will complete 80% of our "communication time" each week.*

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



RESILIENCY

Activity



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

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

Specific –

Measurable -

Attainable -

Realistic -

Timely -