

When life is busy, and all your energy is focused on work and life *to do's* it's very easy to get off-balance. Success requires drive and focus but if you neglect other important life areas in the process it can lead to frustration, unhappiness, low energy and high stress.

When that happens, it can be helpful to take a *helicopter view* of your life; to gain a new perspective so you can bring things back into balance. The **Wheel of Life** can help. Score yourself on the 8 important life areas above based on how you feel about that particular area today. *Go to the end of page 3 for descriptions.* Then answer the questions that follow to determine which elements of your life require a bit more of your attention right now. *Oh, and then take a small step in that direction.*

- 1) **Consider** each dimension in turn, and on a scale of 0 (low) to 10 (high), indicate the amount of attention you're devoting to that area of your life. Mark each score with a line on the appropriate spoke of your Wheel of Life.
- 2) **Now** join up the marks around the circle. Does your life wheel look and feel balanced? Y N

3) **Next**, consider your *ideal* level in each area of your life. A balanced life is not about scoring 10 in each life area. At any given time, some areas may need more attention and focus than others. Inevitably, as your time and energy are not unlimited, you will need to make choices and compromises. **So, the question is** *what would your ideal level be in each life area right now?*

Plot these "ideal" scores around your life wheel too (hint: use a different colored marker).

4) **Now** you have a visual representation of your *current* life balance and your *ideal* life balance. Where are the gaps? These are the areas of your life that need your attention.

My gaps include:

And remember that gaps can go both ways. There are areas that likely don't get as much attention as you'd like, and there may also be areas that get more from you than is ideal. These areas could be sapping energy and enthusiasm that may better be directed elsewhere.

Once you have identified the areas that need attention, take some time to plan the actions needed to work on regaining balance.

Consider the following:

Starting with the neglected areas, *what do you need to start doing to regain balance?*

In areas that currently sap your energy and time, *what can you STOP doing, reprioritize or delegate to someone else?*

What next?



To learn about coaching, or book Michelle to speak at your organization or event connect with us via michellecederberg.com

It's Your Life. Dare to Live It Big.

Michelle Cederberg

speaker • coach • consultant

Wheel Descriptions:

Business/Career: Is your business doing well? Do you gain satisfaction from your work/career path?

Finances: Is your financial house in order? Are you living within your means? Does your income sustain you?

Health: Do you get enough exercise? Do you eat healthy most of the time? Do you get quality sleep? Are you free of bad habits? Do you manage stress well?

Family and friends: Are you satisfied with your home life and relationships? Do you have quality, meaningful, fulfilling friendships? Do you spend enough time with them?

Romance: Do you have/ do you value your intimate relationship? Are you content without?

Personal Growth: Are you becoming more of the person you want to be? Do you allow time for education, hobbies, personal goals?

Fun and Recreation: Do you work too hard? Do you make time for fun? Is it enough?

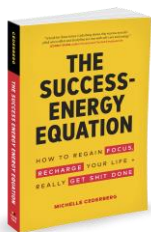
About Michelle

For over 17 years, Certified Speaking Professional Michelle Cederberg has been captivating audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a bigger life.

An in-demand speaker, author, coach and consultant, she believes that personal and professional success is directly influenced by how well we harness the physical, mental and emotional capacity we each have within us. She helps people boost that capacity, so they gain clarity, build confidence, and get the discipline to create the life and career they want. And now she's taking the virtual world by storm as well. View her virtual demo here: <https://youtu.be/HQcbkhlcJAE>

She holds a Masters in Kinesiology, a BA in Psychology, a specialization in Health and Exercise Psychology, is a Certified Exercise Physiologist, and a Certified Professional Co-Active Life Coach. She truly combines mind, body and practicality to empower change.

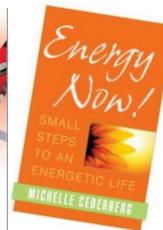
Michelle is the author of three books. Her newest book *The Success-Energy Equation* debuted as a best-seller in October 2020.



NEW BOOK ALERT

The Success-Energy Equation: How to Regain Focus, Recharge Your Life, and Really Get Sh!t Done

successenergybook.com



Michelle's **GOT TO IT Journal**, and **Energy Now!** are both available at Michelle's sessions or on-line at:

michellecederberg.com