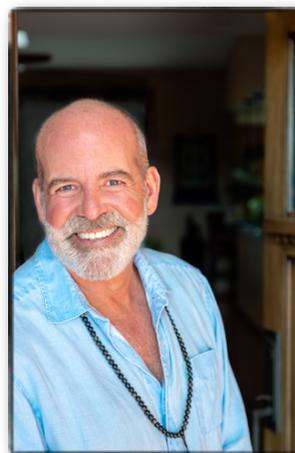
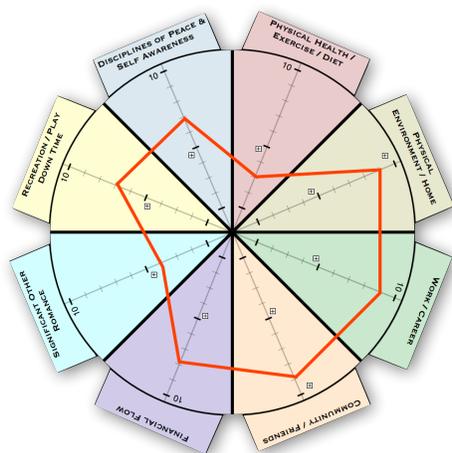


## Wheel of Life Balance Guided Instructions

- ◆ It's best not to complete the "Wheel of Life Balance" all in one sitting. But do finalize it within about a week of starting. It works well to read through a section and then reflect upon it for a day while going about your life and then do your journaling before plotting yourself on the wheel.
- ◆ Prepare yourself with:
  - ◆ A printed copy of the Wheel of Life Balance
  - ◆ A pen or pencil
  - ◆ A journal or pad of paper
  - ◆ Quiet time with no distractions
  - ◆ A quiet and calm mind - Perhaps a few deep breaths are required here.
- ◆ **Before** marking your current status on the scale, for each of the 8 sections:
  - ◆ **Please spend a minimum of 5 minutes writing in your journal using the questions and prompts outlined below as guides for thought and introspection.**
- ◆ For each section of the wheel you are looking to indicate a subtle combination of:
  - ◆ Your level of satisfaction with how that area is manifesting in your life.
  - ◆ The level of attention and energy that you are giving to make that area a healthy and stable aspect of your life.
- ◆ Once you have a fairly good sense of where you stand for that arena of life, place a dot somewhere on the scale within that section.
  - ◆ 1 (toward the center of the wheel) indicates a low level of satisfaction and attention for this area.
  - ◆ 10 (toward the outer edge of the wheel) indicates a more robust satisfaction and attention for this area.
- ◆ Once all areas are mapped - draw a line from each dot to the next dot in the adjacent section until you have completed a circuit.
- ◆ Now bring your attention, love and appropriate action to the different areas that you would like to move more toward the outside of the circle to create a balanced life.
- ◆ [Contact me](#) for support and guidance.



## Physical Health / Exercise / Diet / Sleep

- ★ It's hard to reach your goals if you have a hard time getting out of bed.
- ★ This is about obtaining and sustaining a level of health that will support the best that you have to offer and a life fully lived.
- ★ This is about creating and maintaining a healthy vehicle for the full expression of your purpose and passion.
- ★ Not just lack of illness and being generally fit, but how vibrant and energetic are you?
- ★ How *alive* does your body feel?
- ★ How fluid is your movement?
- ★ To what degree do you feel your nutrition and diet are in alignment with optimal health?
- ★ This is not just paying attention to maintaining average health - it is about building a robust sense of vibrant health that is geared toward preventing dis-ease and lack of energy.
- ★ To what degree is your level of exercise in alignment with what you truly feel would be the healthiest for your mind, body and spirit?
- ★ Remember Self Care = Self Love. Ideally you care for yourself not just because you want to look good. But because you love yourself enough to care for yourself.
- ★ If you are currently working with a disease or affliction, that doesn't necessarily mean a low score, as long as you are working with your situation in as healthy, holistic, loving and conscious a manner as possible.

## Disciplines of Peace, Presence & Self Awareness

- ★ This is about how present or mindful you feel that you are to everything that is happening around you and within you. Consciously responsive rather than reactive.
- ★ "We see our true reflection not in running water, but in still water." Is there stillness in your life where you can connect to your deepest sense of self?
- ★ To what degree do you experience peace and stillness that allows you to navigate your life clearly, calmly and confidently?
- ★ There is a lot to DO in life - How clear and present are you to who you are BEing as you show up to do the DOing? Do you have a strong sense of who you are beyond roles and job descriptions? Do you have a strong feeling of your essential nature?
- ★ Do you have any regular disciplines, commitments, routines or practices that help you find a quiet and calm state of being where you can truly hear and connect with a deeper inner voice and wisdom?
- ★ This can include reading, journaling, meditating, studying - making the time! Attending workshops, exploring deep life conversations with friends...
- ★ "Rest is a phase of movement." Do you make time for resting and reflecting?
- ★ A big part of this is making your personal growth and evolution a conscious and important part of your normal conversations with friends and family.
- ★ "When we quiet the mind, the soul can speak."
- ★ To what degree do you feel that the hiccups and challenges in life disrupt your peace?
- ★ Do the "ignorant" actions of others disrupt your peace?
- ★ Is there more drama or peace in your life?

## **Financial Freedom / Flow**

- ★ This is not just about current financial reality, but about how you manage whatever resources you do have.
- ★ Have you explored your relationship to money - Your Money beliefs? To what degree do you really understand where your thoughts and perceptions and feelings about money come from and how they powerfully guide your actions in regard to finances?
- ★ Where is your financial thermostat set? Do you find that there seems to be a ceiling to how much money flows into your life?
- ★ Does money *flow* in your life. In and out. Are you generous in a way that is in congruence with your financial reality? Do you cling tightly to money or allow it to flow? Is your relationship to money based on fear and lack or abundance and trust?
- ★ What does money currently represent more - fear or freedom?
- ★ Is your financial world a cause of stress or does it promote a sense of security?
- ★ Does your current reality allow you to live a life that you can be satisfied living?
- ★ Does the making and management of money confuse you or make sense to you?

## **Community / Friends / Family / Support**

- ★ Family can be either genetic family or the chosen family that you have created in your life from dear friends.
- ★ This is the arena of life that can provide strong support and honest reflection.
- ★ Are you supported and encouraged by the principle people in your life?
- ★ To what degree are you tapping into your key relationships as a source for deeper understanding of self and life?
- ★ To what degree can you have honest and courageous conversations with these people?
- ★ Does your family/community predominantly possess and exemplify a positive mindset?
- ★ Are you encouraged to grow and expand or are you held back and weighed down by the limiting beliefs of those with whom you associate?
- ★ Do you have a core group of people (2-5) that you feel 100% safe in sharing your deepest challenges and most inspiring dreams?

## **Physical Environment / Home**

- ★ This relates to the general feeling within your home environment.
- ★ Do you feel at peace at home?
- ★ Does your home reflect your core essence? is it an expression of your love of life?
- ★ Does your home provide a safe place to be vulnerable and to grow as a human being?
- ★ Have you created a space that invites a celebration of life and holds space for you to feel most alive?
- ★ Is your home a friendly place where you enjoy spending time?
- ★ Considering others who may live with you - To what degree does the following equation apply in regards to the amount of energy and attention you give? 1st = You, 2nd = Primary Adult Relationship, 3rd = Children. Do you come first or last or somewhere in between?
- ★ Does your home feel overwhelming, comforting, neutral?

## Significant Other / Romance

- ★ Are you at peace with where you are in life in regard to romance and relationship?
- ★ If single:
  - ★ Do you feel confident and sufficiently engaged in how you are attracting a partner (assuming you want a partner)?
  - ★ In regards to attracting a partner, does it feel more like a need or a desire?
  - ★ Are you attracting the kind of people who you feel are healthy for your own growth and ability to feel good about yourself?
  - ★ Are you clear about what you want and what you don't want?
  - ★ Are you clear about what you offer and how you want to show up in relationship?
- ★ If in a relationship, do you both:
  - ★ Support growth and self exploration in each other?
  - ★ Make a conscious effort to keep things alive, loving and encourage a deepening sense of connection to each other?
  - ★ Hold safe space for each other to be vulnerable and explore your authentic selves?
  - ★ Welcome, support and engage in courageous conversations?

## Recreation / Play / Down Time

- ★ Redefine productive time. To what degree do you see recreation, play and pure down time as critical components in helping you be more effective, efficient, clear headed, balanced and powerful?
- ★ Recreation read as --> Re-Creation.
- ★ Do you *schedule* down time / make commitments to recreate and trust that life will accommodate your choices and commitments?
- ★ These are the things that you do primarily for YOU!
- ★ This is often people's most creative time. Are you taking advantage of that?
- ★ Is play time a priority and something that you honor? Or is it a luxury that you'll allow only when time permits? Or is it something that you feel is in a nice balance?
- ★ Make a list of things you love to do that feed your soul - How much do they really cost in time and money? When was the last time you did them?
- ★ Does life feel like it has a balance of celebration?
- ★ If finances currently hold you back, would you play and re-create freely even if you did have the financial wherewithal to do so?
- ★ To what degree are there excuses that you use to limit your level of self care through play and recreation?

## Work / Career

- ★ "Our work is our love made visible." ~ Kahlil Gibran
- ★ Does your work thrill you?
- ★ Are you in a career that allows you to grow and develop?
- ★ Does your work inspire and enliven you or is it enervating and tedious?
- ★ Do you feel challenged in a healthy way? You want that ideal flow state somewhere between overwhelm (stress) and boredom.
- ★ Do you want to keep growing and expanding in your current field or are you looking for something else?
- ★ Does your work give you a satisfying sense of purpose and do you feel that your having a positive impact on the lives of others?
- ★ Are you happy at work?
- ★ When people ask you "What do you do?" is there a sense of pride, embarrassment, excitement or apathy?
- ★ Do you enjoy the people you work with and is there respect for each other there?
- ★ How would it feel if it was deemed that you would need to stay in your current field of work for the rest of your working days?

Awareness of where our lives need love and attention is the first step in making significant and foundational changes in our lives.

We are meant to live full, vibrant and fulfilling lives that allow us to express and celebrate our true and authentic selves. But we are human and a human life is complex and full of challenges along with the abundance of rich opportunities.

The truth is, we all need support. We can't make this journey alone and this life is too precious to try to navigate all of its profound mysteries without guidance and people to help us learn how to be the best humans we can possibly be.

Is it time for you to make some significant and exciting changes in your life?

Please [contact me](#) for a 30-45 minute complimentary Discovery Session if you feel that it's time to work with someone who will champion the best within you as you choose to create a life and work that you absolutely love.



## AWAKENING THE POWER OF YOU

*Quiet Mind, Clear Heart, Embodied Peace*

Chess Edwards

# OPTIMAL LIVING ~ WHEEL OF LIFE BALANCE

