

Flourishing Wheel – balancing work and Life

01 Introduction – how is the exercise used?

Our overall agenda in life is driven by the desire to find fulfilment (i.e., meaning, purpose and satisfaction), balance (i.e., the underlying quality of life and day-to-day experience), and process (i.e., understanding of our place in the various aspects of our lives).

Our lives comprise different focus areas: home, work, health and relationships with families and friends. Rather than being isolated, they should be seen as interrelated, a 'patchwork' of interconnected factors. Understanding this can provide insight into your view of balance and fulfilment in life.

To get the most out of this exercise, one must accept that these factors are in constant flux, what may be strong one moment (fully aligned) can move out of alignment the next moment, so this exercise should capture your current thinking and therefore requires regular review.

02 Flourishing Wheel – factors

This wheel contains eight sections that, when put together, represent the areas of focus in life. This exercise measures your level of satisfaction in these areas at the time of completing this exercise. Repeat over time; this is a dynamic, not static, exercise.

The wheel below depicts these focus areas as 'spokes' of the wheel. Consider each one and then score them on a scale of 1-10 (the only rule is no 7s). Enter each observation or number into the score sheet provided. Identify areas you wish to improve and determine what actions you need to take to improve your scores

03



Score Sheet

Score 1 – 10, no 7s

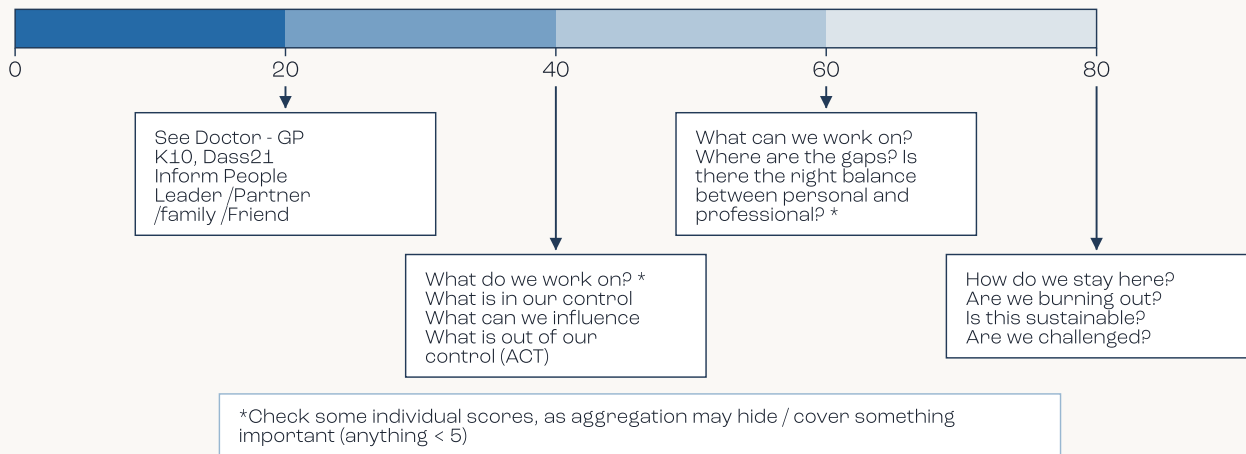
1	2	3	4	5	6	8	9	10
POOR – NO ENERGY			FUNCTIONING			ALIGNED – HIGH ENERGY		

Scaling: • 0 = Poor - no energy • 5 = functioning • 10 = Aligned - high energy

	Today	1m	2m	3m	4m	5m	6m	7m	8m	9m	10m	11m	12m
Work and career													
Relationship – domestic													
Purpose, values & growth													
External health													
Financial Security													
Relationships - friends													
Fun and recreation													
Internal health													
Total													

How to use this understanding – (see chart above showing total scores)

The goal of this exercise is to gain clarity and understanding of the various aspects of your life. Scaling these areas provides focus and enables us to identify areas of imbalance, areas where we lack fulfilment or areas that require more attention and understanding



- Notice any scores below 5; consider why you gave it the score. If this is something that you would like to explore further with your coach or mentor, then think about what you would like to explore.
- When considering your scores, consider your ideal level for each focus area.
- Note any disparity. Are you over-investing in some and less in others?
- Allow yourself time to reflect and explore. Take note of what you can and cannot change.
- Consider how you might approach this change, what help you need and from whom.
- Take small steps rather than giant leaps.
- Sometimes you need an action plan with clear goals, objectives, and deadlines. At other times, you should explore thoughts, emotions, and observations. Both are useful if they help you move to change.

Notes