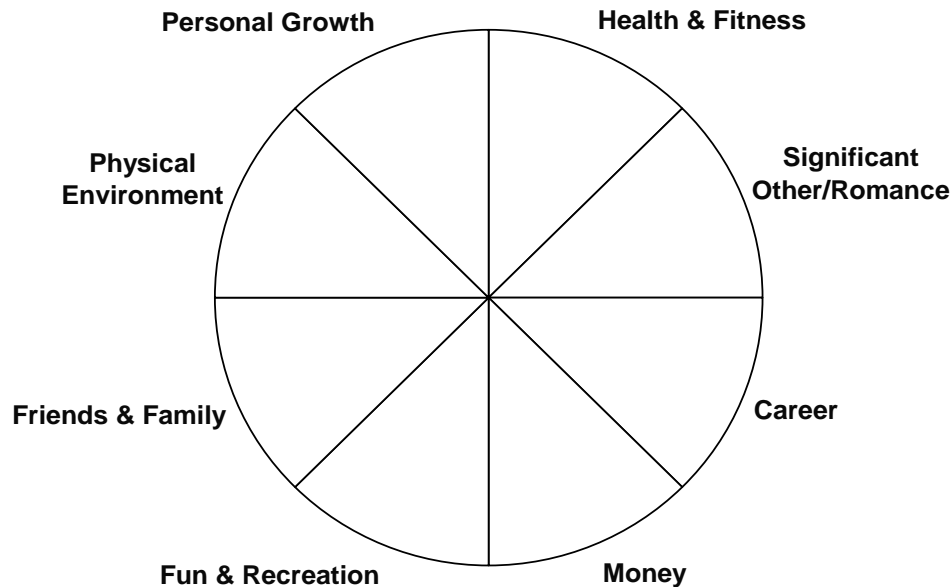


THE WHEEL OF LIFE

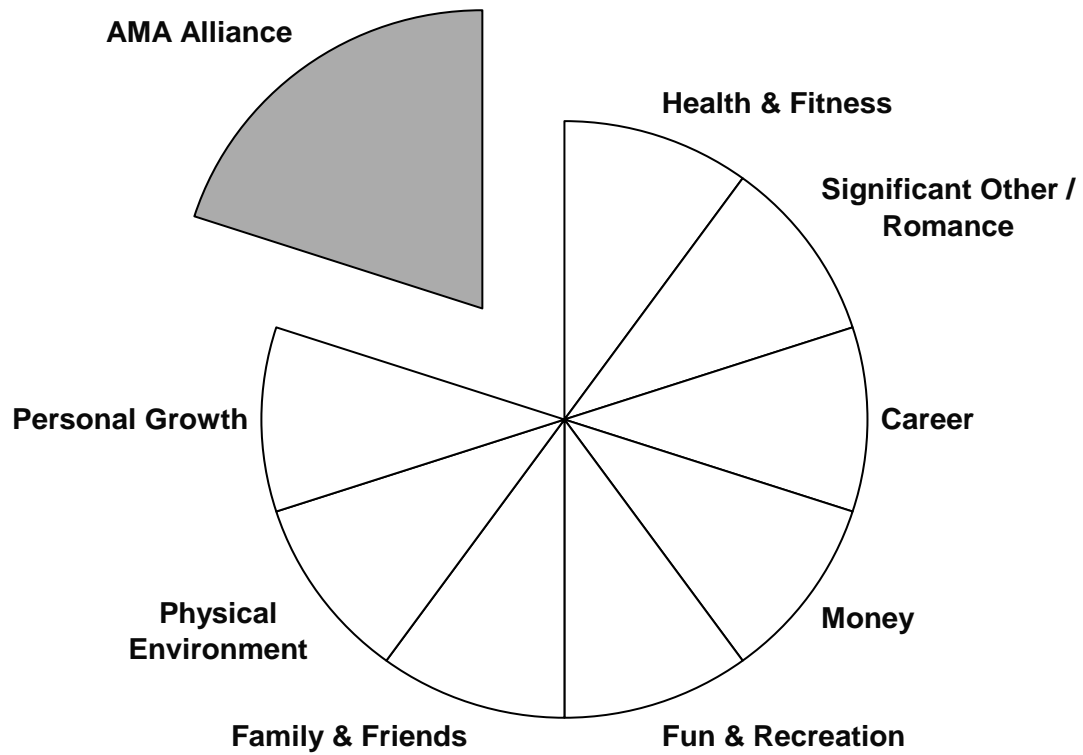


The eight sections of the Wheel of Life represent the main areas of a balanced life.

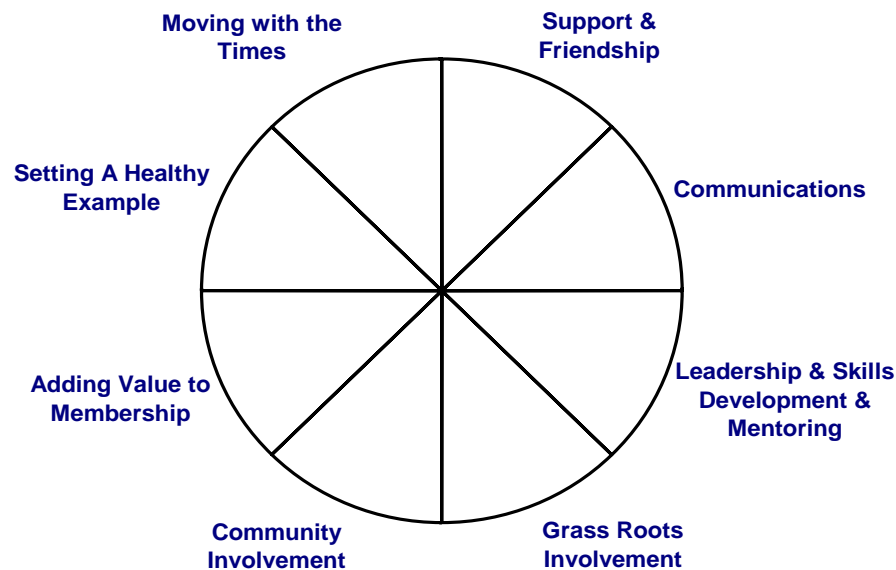
Do this simple exercise to help you gain a new perspective on the level of balance and integration in your life:

- Taking the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction within each life area by drawing a straight or curved line to create a new outer edge.
- This new, inner perimeter represents YOUR life, and how you feel about it today.
- How does the Wheel of Your Life look?
- How bumpy would the ride be if this were a real wheel?
- In which area are you ready to make a change?
- What choices do you need to make in order to live a more balanced and fulfilling life?

What does it look like when I add the Alliance to my life?



WHEEL OF THE INDIANA STATE MEDICAL ASSOCIATION ALLIANCE



Using the same scoring system that you used for your Wheel of Life, create your own Wheel of the Indiana State Alliance.

Taking the center of the wheel as 0 and the outer edge as 10, explore your thoughts and feelings within each area. Draw a line connecting each new segment, to create a new outer edge.

- What does YOUR wheel show you?
- Which area do you need to explore further?
- Where are you strongest?
- Where do you feel most / least comfortable?
- What do you need to do in order to be involved?

MOVING TOWARD BALANCE

After scoring your Wheels, what do you notice? How balanced is your life right now? If this wheel were a tire on your car, how bumpy would your ride be?

My guess is you'll instantly see where your life could use more balance, focus and attention. Using the Wheel is a great way to set personal priorities and goals which will move you toward balance and fulfillment.

The following exercise will help you to begin prioritizing. Remember, though, this is not so much about getting 10's. It's more about finding – and keeping – balance, and making your life a 'smoother ride'!

- Start with the first page, the Wheel of Life Worksheet:
 - Choose one area of your own Wheel where you'd like to achieve more balance
 - For this area, ask yourself what balance would look and feel like for you
 - Write down whatever comes to you - thoughts, feelings, ideas - as fully and as detailed as possible
 - Be as specific as possible - about what you're going to do to keep your commitment to yourself to move closer to this personal goal of BALANCE

Some suggestions you might think about:

I Already Do/Have: Identify what you already do/have in this area (this is for your eyes only, so be honest)

Major Goal: What do you really want to achieve? What will it mean to you when you achieve this? How will you know when you've achieved this?

Achieve By When: What is your time frame for achieving this goal? Be realistic!

3 Things I can do: Identify 3 things you can do toward reaching this goal. For example, if 'Health and Fitness' is an area you want to focus on, three things could be:

- 1) join a gym
- 2) wear a pedometer and achieve at least 10,000 steps/day
- 3) hire a personal trainer or find a workout buddy

One Action Step Today: Start now! Identify one thing you can do today to help move you toward more balance in your life. In the example listed above, one step you could take would be to read a health and fitness magazine to keep your motivation high!

WHEEL OF LIFE

Worksheet

After scoring your own *Wheel of Life*, choose an area which you'd like to bring more into balance to 'smooth your ride':

1. I want to find more balance in the _____ area

2. More balance in this area would give me:

3. I already do / have in this area:

4. My major goal for myself in this area of my life is:

5. I want to achieve this by (date):

6. 3 things I can do to move this area into balance are:

- _____
- _____
- _____

7. One action step I can take today is: _____

Start now! Identify one thing you can do today to help move you toward more balance in your life. ANY action you take will count!

ALLIANCE WHEEL

Worksheet

After scoring your own *Alliance Wheel*, choose an area which you'd like to bring more into balance to 'smooth your ride':

1. I want to find more balance in the _____ area

2. More balance in this area would give me:

3. I already do / have in this area:

4. My major goal for myself is:

5. I want to achieve this by (date):

6. 3 things I can do to move this area into balance are:

- _____
- _____
- _____

7. One action step I can take today is: _____

Start now! Identify one thing you can do today to help move you toward more balance in your life. ANY action you take will count!