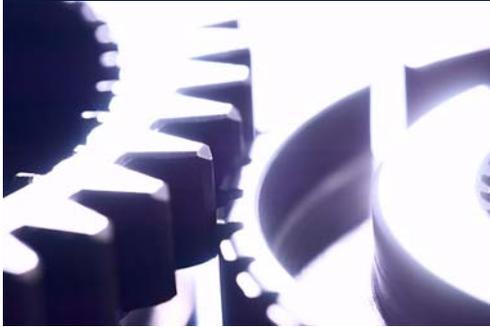


# Executive Blueprints



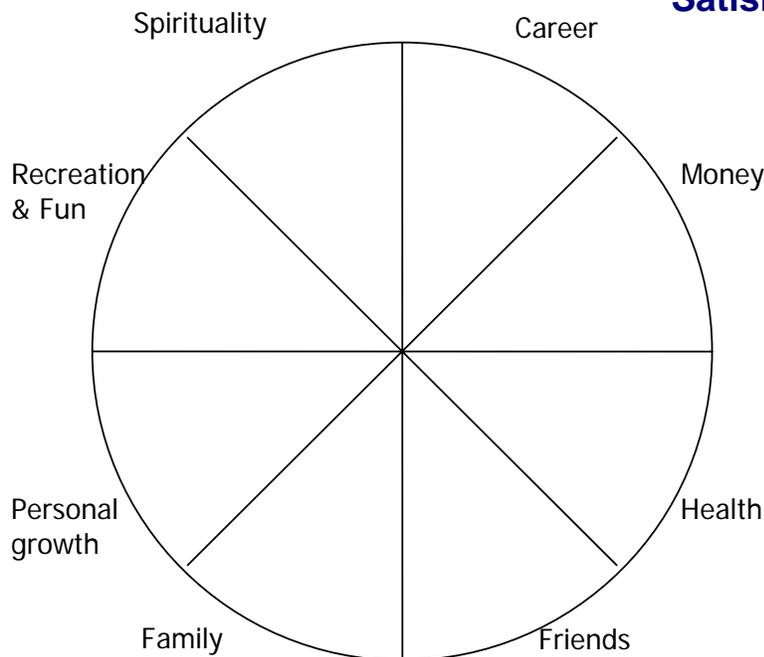
## WHEEL OF BALANCED LIFE

### INSTRUCTIONS:

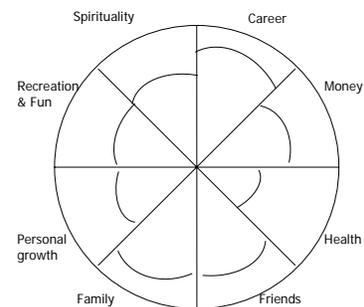
This table contains eight key elements of a Balanced Life. Rate your level of satisfaction and fulfillment for each element using a scale of 0 (low) to 10 (high). In the wheel below, 0 is the center and 10 represents the outside perimeter. Draw a line to fill the section of the wheel that matches your current personal satisfaction and fulfillment.

Balanced Life	Rate 0-10
Career	
Money	
Health	
Friends	
Family	
Personal Growth	
Fun & Recreation	
Spirituality	

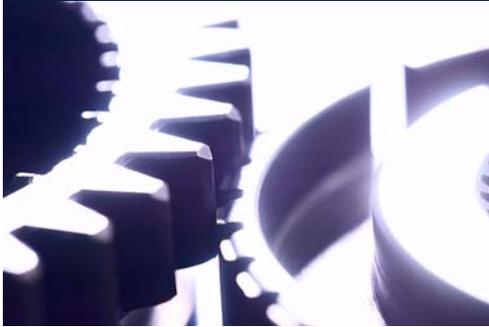
### Satisfaction and Fulfillment



### Example



# Executive Blueprints

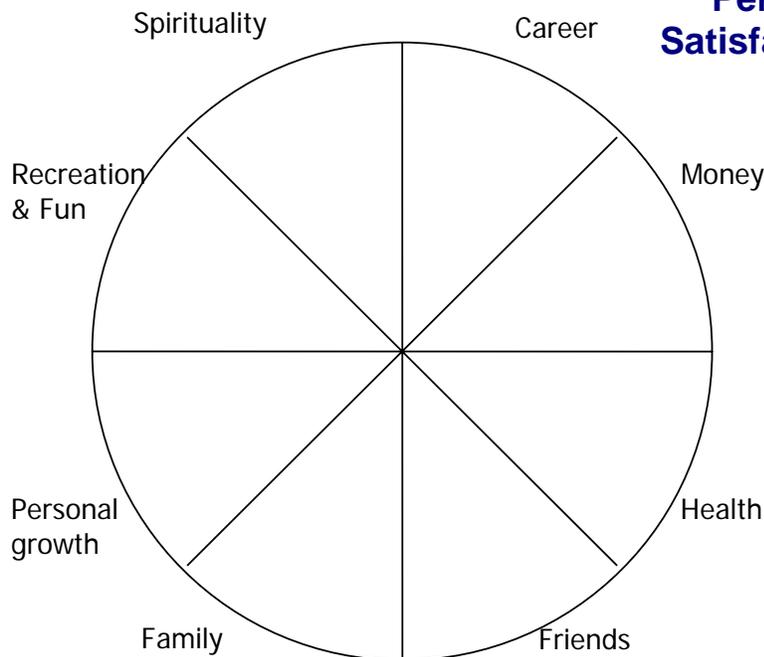


## WHEEL OF BALANCED LIFE

### INSTRUCTIONS:

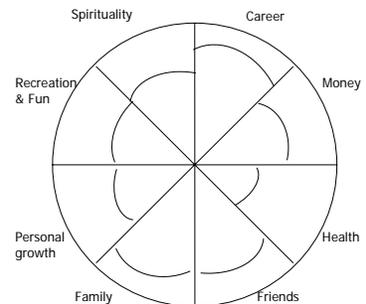
This table contains eight key elements of a Balanced Life. Rate your desired level of satisfaction and fulfillment for each element using a scale of 0 (low) to 10 (high). In the wheel below, 0 is the center and 10 represents the outside perimeter. Draw a line to fill the section of the wheel that matches your personal goals for satisfaction and fulfillment.

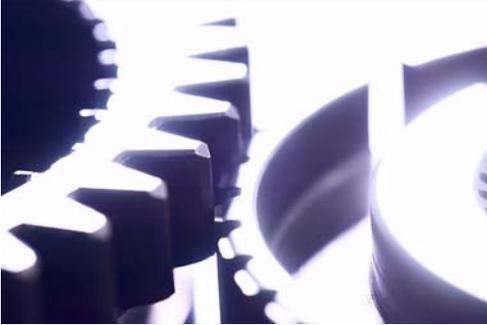
Balanced Life	Rate 0-10
Career	
Money	
Health	
Friends	
Family	
Personal Growth	
Fun & Recreation	
Spirituality	



### Personal GOALS for Satisfaction and Fulfillment

#### Example





## WHEEL OF BALANCED LIFE SUMMARY

### **Understanding the Wheel of a Balanced Life:**

The perimeters of these wheels represent your Wheel of Life Balance.

Your life is riding on these elements, and perhaps a few more, how bumpy is the ride? Are you satisfied with the balance in your life?

How much different might the wheel appear if you asked someone close to you to provide a rating (family, friend or advisor)?

If you were to select one or two segments of this wheel to change, would that change create a substantial impact to other segments?

If you were to focus on areas of your life that needed more balance, would it detract from the other areas of your life or would it enrich the other aspects of your life?

If you knew that you would be completing this exercise again in five years, what would you want the wheel to look like then?



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