### LIFE BALANCE EXERCISE - NOW THINK ABOUT YOURSELF

… both inside and outside work and in your home and social life. You may want to discuss it with someone who knows you well, such as your partner

or a close friend, as their views may broaden your perspective.

* Think about each element in your life:

 **personal fulfilment** your self-development and growth

 **health**  your energy, fitness and wellbeing

 **resilience** your attitude when things go wrong

 **home life** your relationships with partner and family

 **social life** your friendships and outside interests

 **work**  your current working life and career prospects

 f**inance** your attitude to money and financial state

 **values** your beliefs, philosophy and peace of mind

* Score each element on the wheel from one to ten. A ten means that element works perfectly, while a one means it is particularly negative or difficult.

Then plot your scores on the chart:

 **personal fulfilment**

 **10**

 **values health**

 **5**

 **5**

 **5**

 **finance 10 5 5 10 resilience**

 **5 5**

 **5**

 **work home life**

 **10**

 **social life**