### 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**