

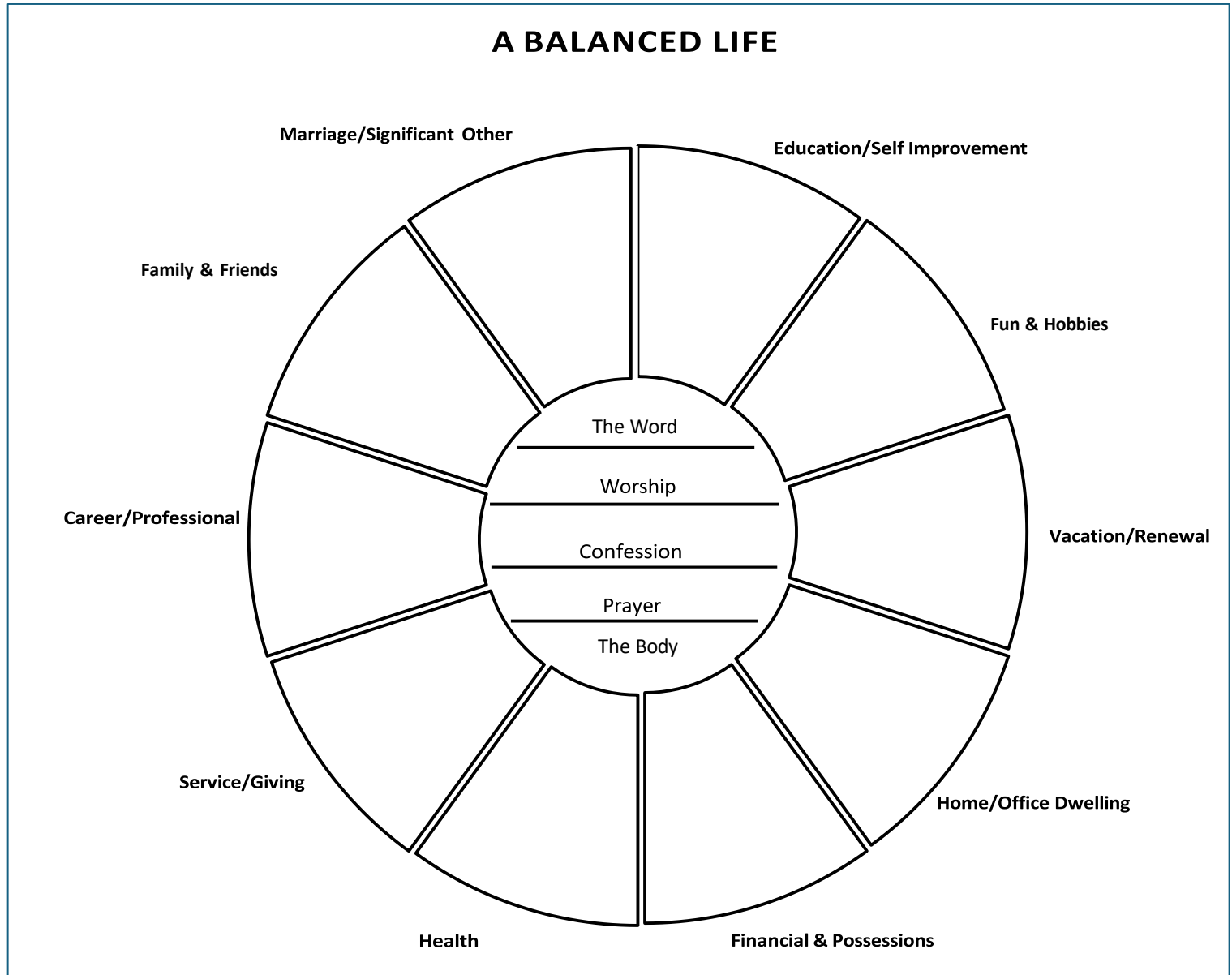
This exercise can be done at any time during the year. I revisit the wheel annually to see how my margins change in each area.

The first step is to identify where you don't feel 100%. Identify your margins. Working from the inside of the wheel, start to evaluate how you feel about the different aspects of abiding in your faith. If the section isn't fully shaded, why? What would make this section full?

Next work your way through the outer categories of the wheel using the same method.

Everyone is different. Just because you have a margin does not mean this should be an immediate area of focus. For example, let's say that you rate Fun and Hobbies lower than other areas, but you are in a season of life where this isn't important to you, but you rate Health almost at 100%. You may choose to focus on goals that fill that small margin in health that you want to improve.

This tool is meant to help create thinking, and help you visualize what may be making you feel "unbalanced".



Find a friend or family member to do this with you. It is a terrific conversation starter!