

## WORKSHOP

### OBJECTIVES

1. Reflecting on our present life balance and taking conscience of dynamics and choices that affect us
2. Identifying areas we are investing in the most and others that could be given more consideration
3. Establishing actions that will help us grow as human beings and lead a more balanced life

### BACKGROUND

Leadership work is hard and often involves a long and busy workday that may be tiring physically and emotionally at the expense of a healthy lifestyle. Keeping track of the way we invest our time and managing our energy levels are crucial to keep us grounded and able to better meet the demands of our mission. The wheel of life is an exercise frequently used in coaching settings that invites us to reflect and gain insights into the balance of our life and our satisfaction in various dimensions. It represents a circle that maps different dimensions that are relevant to people's lives. This graphic tool was originally conceived by Paul J. Meyer.

The wheel of life is used to assess each area according to some preformulated questions (you can see an example on the next page). We suggest the following steps :

- a) Set up: Choosing our areas of relevance and reflecting on what we are giving answer to Completing the wheel - taking the assessment
- b) Personal reflection

### MAIN IDEAS

**Set up - Choosing our areas of relevance:** The typical areas you will find on the web are 8: 1) Family 2) Money 3) Fun 4) Friends 5) Health 6) Career 7) Love and 8) Spirituality. These exist because they are elemental aspects of any person's life (whether we like it or not). Note that these categories are a suggestion. We can build our own wheel and suggest the dimensions that we consider relevant to us. We are suggesting an example on the next page.

**What are we giving answer to?** After agreeing on our key areas of relevance, there are different ways to approach this exercise. Clarifying the question we are answering helps us be consistent. Here are examples of questions we can answer:

- How satisfied/fulfilled do I feel in each of the areas?
- How much time I am dedicating to each area?
- How relevant/important are these areas for me?

While the three questions are interconnected, we may notice after answering each one that sometimes the most relevant areas for us are not the ones we dedicate most time to, which may give us some insights why we feel less satisfied.

Remember that there are no right or wrong ways to do this, provided you are clear and consistent on the questions you are answering when assessing each title. Examples of guiding questions include:

- **Physical:** How satisfied/fulfilled do I feel with regards to my physical being (this could cover rest, proper food, sport, medication, being comfortable with my self-image, my sexuality, my feminine/masculine side,...)
- **Emotional:** How satisfied/fulfilled do I feel at the emotional being level. (Reflection could cover how well do I fulfill my personal emotions. Do I express myself healthily (without overdoing it or suppressing it, my emotional intelligence (awareness of my emotions and handling/managing them properly,...). Or maybe you prefer in this dimension to evaluate **love per se** (this could cover how satisfied you are with romance in your life (your love relationships), or with your need for affection and emotional support..)
- **Family:** How satisfied are you with your family relations? How would you assess the time spent with your family, is it quality time?
- **Wealth:** How satisfied do I feel with my salary? How financially stable do I feel? Do I consider I can live a fulfilling life with this income?
- **Personal Development:** How satisfied am I with how my own learning and growth are going? Do I feel I am giving it its full potential or have I been ignoring this side?
- **Spiritual:** How much inner peace do I have in my life, how satisfied am I with my spiritual side (do I feel I have been investing enough in it by praying/meditating, living my core values, being grounded, connected,...)

- **Hobbies:** How much am I allowing myself to live my hobbies, enjoy fun activities, play...
- **Work:** Am I happy with how things are going at work? Is there space for improvement? Do I have good relations with my colleagues? Does my boss like how I work?
- **Friends:** Am I satisfied with the quality of my friendships, my support structure, are they bringing out the best in me and helping me be fulfilled?
- **Contribution/Meaning:** How satisfied do I feel with my contribution to the world? How much meaning do I find in what I do? How much of my life is dedicated to giving back to the world, as opposed to just receiving so much. This could cover financial contributions (donating money or clothes,...) or an emotional/time contribution (volunteering, helping dogs, staying with elderly or orphans,...)
- **Personal Space:** How satisfied am I with time I take for myself? Do you find space to recharge myself, recollect my energy calmly without being bothered or accessed by anyone, to build my own sanctuary?
- **Environment:** How much do I feel my environment is helping me live a happy and fulfilled life (the higher the score, the more your environment is supportive). You can consider the environment where you live (your city town, or your work environment), or your building, or even the country as a whole, it's your personal choice.

**Personal assessment - Completing the Wheel:** in the section below you have the instructions on how to complete the exercise of the wheel of life. You are encouraged to find a moment when you do not have interruptions (physical or emotional ones), a moment when you have serenity and you can distance yourself from your life to give a critical and objective view on the whole issue.

### EXERCISE

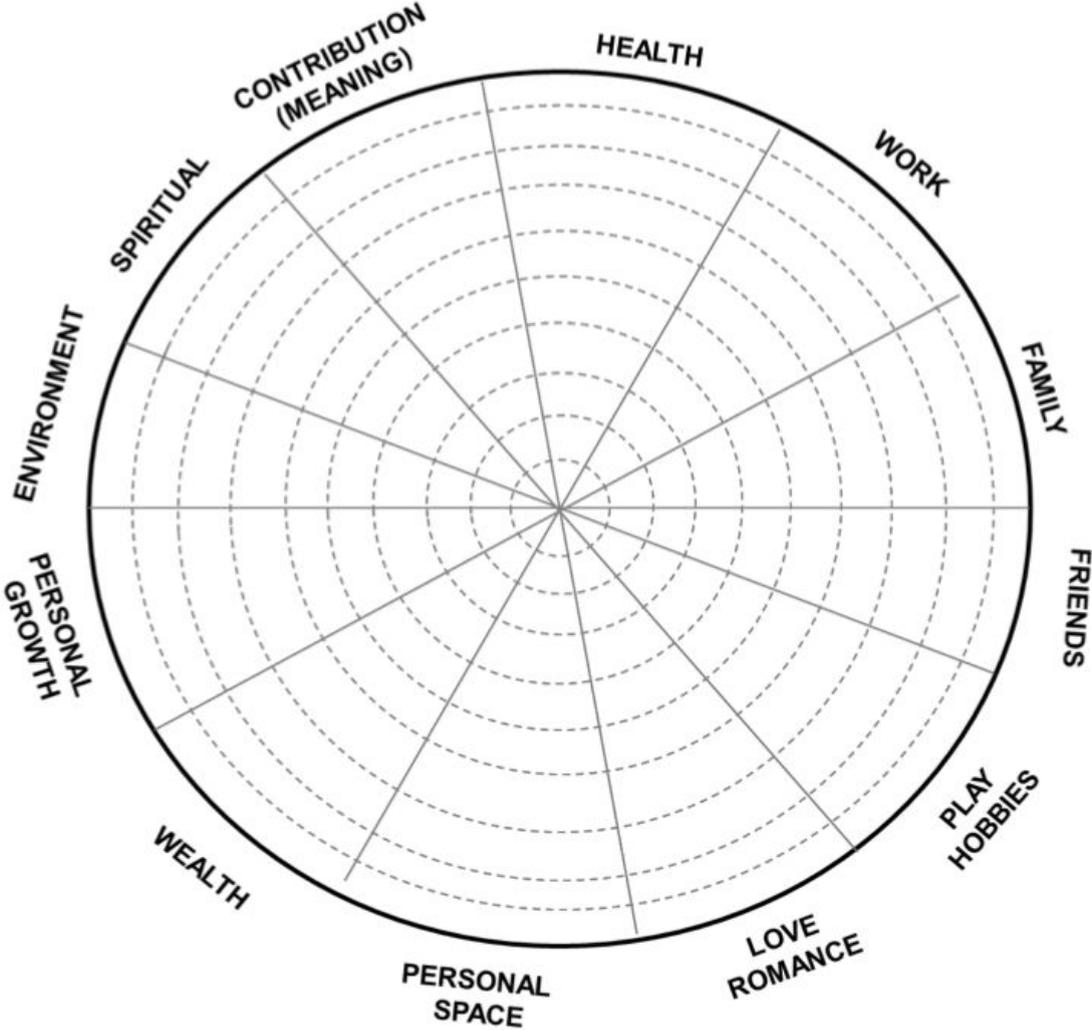
If you want to fill the 8 typical areas you can do it in this website: [Link](#). If you prefer to build your own (like the one below) you can draw your own wheel on the computer or on a piece of paper and fill it in with the areas relevant for you:

1. Color the wheel from the center (the lowest) to the outer borders (the highest), depending on the score you put for yourself on each of the areas.
2. Remember that a score of 10/10 means there's no room for improvement anymore (perfect score), and this will imply to color the entire field.
3. For a score of 0/10 you don't color anything, a score of 1/10 means you color the smallest field starting from the center, and the higher the score the more you color.

One of the benefits of this exercise is the visual representation it offers to map your satisfaction in different areas of your life. When you have completed the coloring you will have a spider-like diagram that allows you to identify gaps between your current reality and where you aspire to be.

### QUOTES

Diego I'm thinking if we can move the wheel example to a handout (link) or keep it on the third page (unless we reduce a bit the questions examples we provided above), and add a few quotes here on the importance of life-balance, taking care of ourselves and what Ignatius said about taking care of the body etc.. (he has many quotes asking people to rest,...). Would this be relevant?



Personal Reflection:

RESOURCES:

[https://www.ted.com/talks/nigel\\_marsh\\_how\\_to\\_make\\_work\\_life\\_balance\\_work/transcript](https://www.ted.com/talks/nigel_marsh_how_to_make_work_life_balance_work/transcript)