**The Balance Wheel Exercise**

Health & Wellbeing

Home life

Maintaining Relationships

Personal

Development

Social (virtual)

Career Development

Financial Health

**Directions**

The eight sections of the Balance Wheel represent the balance you have in your life. If you take the centre of the wheel as **0** and the rim as **10** rank your level of satisfaction with each area by drawing a line to create a new outer edge for each section. This new perimeter represents *your* Balance Wheel.

*Given your situation is very different during the Covid-19 Pandemic - How bumpy would the ride be if this were a real wheel? How has the focus changed?*