

Life Balance Wheel Exercise

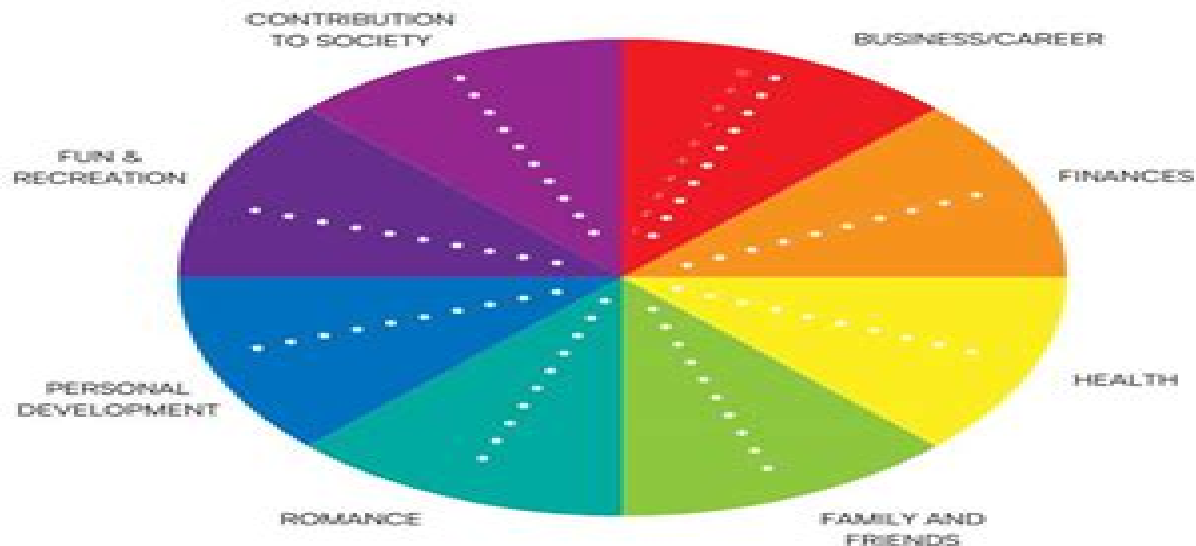
Name:

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Instructions

1. **Divide the Wheel:** Draw a large circle on a piece of paper and divide it into segments. Label each segment with an area of your life you want to focus on (e.g., Career, Health, Relationships, Finances, etc.).
2. **Rate Each Area:** Rate your current level of satisfaction or the amount of attention each area is currently receiving from 1 to 10, with 1 being the least satisfied or least attention and 10 being the most.
3. **Plot Your Ratings:** Draw a line across each segment at the point that corresponds to your rating for that area. This gives you a new "edge" to the wheel.
4. **Analyze the Wheel:** Take a good look at your completed wheel. Does it look balanced or are there areas that are lagging behind?

Here's an example:



Life Balance Wheel Exercise

Michiel Frederick Coetzer Ph.D.



Life Balance Wheel Exercise:

The Ultimate Guide of Goals and Objectives Markus Hofrichter,2022-09-12 This E Book was written with the Intent of providing you some basic skills to apply in your work life or personal life for yourself or for others to ACHIEVE your GOALS DEVELOP your full potential **Developing Resilience for Social Work Practice** Louise Grant,Gail

Kinman,2018-07-06 The term resilience refers to a person s capacity to handle difficulties demands and pressure without experiencing negative effects Traditionally social work has focused on the nature and impact of resilience in children and adults who have experienced traumatic events but it is increasingly recognised that social workers need to develop personal resilience to manage the emotional demands of the job effectively and sustainably Developing Resilience for Social Work Practice provides social workers with a tool box of strategies to help them enhance their resilience and protect their wellbeing Written by experienced practitioners in the field the book draws on key research to present a series of evidence based interventions These strategies are designed to help social work students and practitioners develop important qualities that underpin resilience such as self awareness time management relaxation skills and empathy as well enable them to gain support from their personal and professional networks Grounded in both theory and practice each chapter explores how the various resilience techniques can be applied to help social workers manage the complexities and challenges they face in everyday practice The use of relevant and engaging case studies throughout is particularly useful in bringing the book to life for the reader **Living Forever Young** Skip Archimedes,2018-07-17 A holistic health coach and motivational speaker

shares his ten step program for living longer living stronger and living happier Who wouldn t like to feel better and look better Feel younger and look younger Live and connect with others more fully and with more energy Join Skip Archimedes holistic health coach and inspirational speaker as he leads you through the ten key steps to living long living strong and living happy How often do you feel sick and tired of feeling sick and tired This book will allow you to set yourself free in a body and mind that you can feel proud of again and in which you can go on all kinds of amazing adventures Learn to get out of your head and back into your body relax and play more feel lighter and more open and really get the most out of life not just physically but also mentally emotionally and spiritually After an introduction on what living forever young really means and Skip s inspirational backstory the ten main chapters then begin Breathe Move Nourish Rest Love Shine Believe Learn Commit and Live In addition to a wide range of valuable information backed up by insights from leading experts each chapter includes a host of practical well being suggestions based on both Western and Eastern practices Each chapter then ends with a request for the reader to list the main ways in which they will live this secret from here on in Secondary Trauma and Burnout in Military Behavioral Health Providers Charles C. Benight,2017-01-09 This book provides an in depth look at the complex clinical individual and organizational challenges that our clinicians face in treating our returning soldiers struggling with the aftermath of more than a decade of war The author explores the confluence of factors that make this time in history

a perfect storm for military mental health providers The signature wounds of the Iraq and Afghanistan wars weave a tapestry of emotional turmoil with diffuse brain injury difficulties that challenge the very best clinicians under the best conditions The author targets different pieces of the puzzle including the prevalence of secondary trauma and burnout the organizational factors that promote negative clinician well being the creation and evaluation of an online social media based intervention for burnout and a critical review of peer coaching The Executive Coaching Playbook Nadine Greiner,Becky Davis,2024-02-06 This turnkey guide helps you build a successful executive coaching framework and practice The Executive Coaching Playbook offers experienced and newly minted executive coaches a complete framework for building your coaching skills and business with proven results Beyond offering the ultimate proven coaching theory this book provides the tools and templates you need to set up a thriving business from working with your first executive clients to developing the business plan and marketing strategy for your brand With more than 30 years of experience as both an executive and a top executive coach Dr Nadine Greiner along with talent development expert Becky Davis shares her extensive knowledge hard won lessons and practical advice covering everything from the first chemistry call with a potential executive client to closing out engagements with meaning and poise In this book you will learn how to be the exemplary sought after executive coach that leaves clients sponsors and yourself more than satisfied The perfect companion to Dr Nadine s *The Art of Executive Coaching* the playbook offers 75 downloadable templates and techniques including email templates worksheets forms and agendas to support and to customize for your coaching endeavors A four step coaching process to adopt with your clients Practical advice for starting and growing your business **The Physics of Living** Norman E. Amundson,2003 The Physics of living examines patterns that extend across the physical and psychological realms Within its pages there is the opportunity to explore metaphors and through this exploration to examine life and career issues Some of the topics addressed include life balance energy transfer identity development burnout quantum thinking and hope heroes and opportunity This is a book about life and how to live in the world with wisdom truth and beauty *Leading Business Beyond Profit* Michiel Frederick Coetzer Ph.D.,2019-01-01 Poor and ineffective leadership is evident in all spheres of life especially in business A possible reason for the current leadership crises is the application of ineffective and self serving leadership practices that only aim to achieve selfish and short term objectives at the detriment and longevity of people business society as well as the environment This book proposes a more effective and proven leadership approach to sustain people business society and the environment namely servant leadership It describes the dimensions and functions of a servant leader in detail and provides practical resources to apply servant leadership in any organization This book also provides several systematic leadership frameworks to empower people and to build high performing and significant organizations Leaders consultants and practitioners can use this book as a guide to implement servant leadership in a company to ultimately create a more profitable significant and sustainable organization Life's Day William Seaman Bainbridge,1909 *NAVC Clinician's Brief* ,2009-07 **Education** ,1922

The Coaching at Work Toolkit Perry Zeus, Suzanne Skiffington, 2002-02-28 Recent studies show that life skills coaching executive coaching and business coaching are all effective ways of achieving sustainable growth change and development in an individual group or organisation The Coaching at Work Toolkit is the first comprehensive practical resource for coaches in the use of the theories tools techniques and practices that affect learning and change This book offers coaching tools and psychology based techniques and is a much needed guide to understanding the practice of coaching and applying the theories and language associated with it The employment of life skills coaching executive coaching and business coaching is being heralded as the way to create organisations of the future Anyone interested in achieving their best and staying ahead of the competition should read this book Through the use of case studies practical instructions and application guidelines the authors have provided models principles and techniques that enable professional coaches to achieve breakthrough results For the past ten years the authors first as practitioners and then as educators have worked closely with colleagues across the globe to develop coaching techniques that produce positive measurable lasting change This book builds upon the success of the authors first general coaching reference The Complete Guide to Coaching at Work This title focused on the nature of coaching coaching models and frameworks and the competencies for successful coaches Suzanne Skiffington and Perry Zeus have trained hundreds of coaches around the world Through their internationally renowned coach training school 1 to 1 Coaching School they have worked with established and new coaches professionals and managers leaders of organisations consultants groups and the academic community *Boomers' Job Search Guide* Sandra Marling, Jill Pfaff Waterbury, 2006 This guide covers the ten primary aspects of the job search focused on specific information for the over 50 worker It includes examples of resumes and letters inspirational quotes lists of employers that target older workers and a listing of traits the older worker is selling Careers Job Opportunities The Insurance Field, 1929 Vols for 1910 56 include convention proceedings of various insurance organizations **A Guide to Getting It** Bridget Borgogna, Carol Dickson-Carr, Marilyn Schwader, Brian Rzepczynski, Fran Fisher, Dr, PhD, Lisa H. Dalton, Anthony L. Farmer, Frederic Stell, Laura Young, Kathryn V. White, 2005-08 A Guide to Getting It Purpose Passion is about perspectives and priorities This book will change your life if you are willing for that to happen Through their stories examples and exercises the authors help you see that dramatic change is not necessary Finding your Purpose Passion is a matter of changing your mind of seeing possibilities instead of obstacles opportunities instead of challenges **The Boston Medical and Surgical Journal**, 1896 Bulletin Pennsylvania Game Commission, 1917 **Health** Charles R. Carroll, Dean F. Miller, 1991 Discusses aspects of the human life cycle including genetics disease personality mental health smoking marriage sex population eating consumerism environment and dying Clean Mind, Clean Body Tara Stiles, 2020-12-29 An easy reset for feeling and living better DEEPAK CHOPRA Tara makes purposeful self care easy and enjoyable DAPHNE OZ A life changing detox for body and mind that will transform your daily routine and your habits from wellness expert and Strala

Yoga founder Tara Stiles Most of us are constantly plugged in and stressed out tethered to our phones and e mail overworked and inactive at our desk jobs and out of touch with what our bodies and our brains really need Clean Mind Clean Body is the ultimate reset button an immersive experience in mental and physical self care that will transform your daily routine and your habits In Clean Mind Clean Body Tara leads readers on a 4 week detox for body mind and spirit that can be done easily at home and that covers WEEK 1 MENTAL CLEANSE Eliminate toxic relationships create a home sanctuary and unplug from devices WEEK 2 SPIRITUAL CLEANSE Establish a meditation practice slow down and live with intention WEEK 3 CHANGE THE WAY YOU EAT Embrace an East Meets West diet eat clean and love your body WEEK 4 CHANGE THE WAY YOU MOVE Redefine exercise get outside and embrace the power of rest Packed with ancient healing practices adapted for modern living and clean living rules for life Clean Mind Clean Body is your personal blueprint for physical and spiritual realignment

Keeping Physically Fit; Common-sense Exercises for the Whole Family William James Cromie,1916 Medical Era ,1891

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