



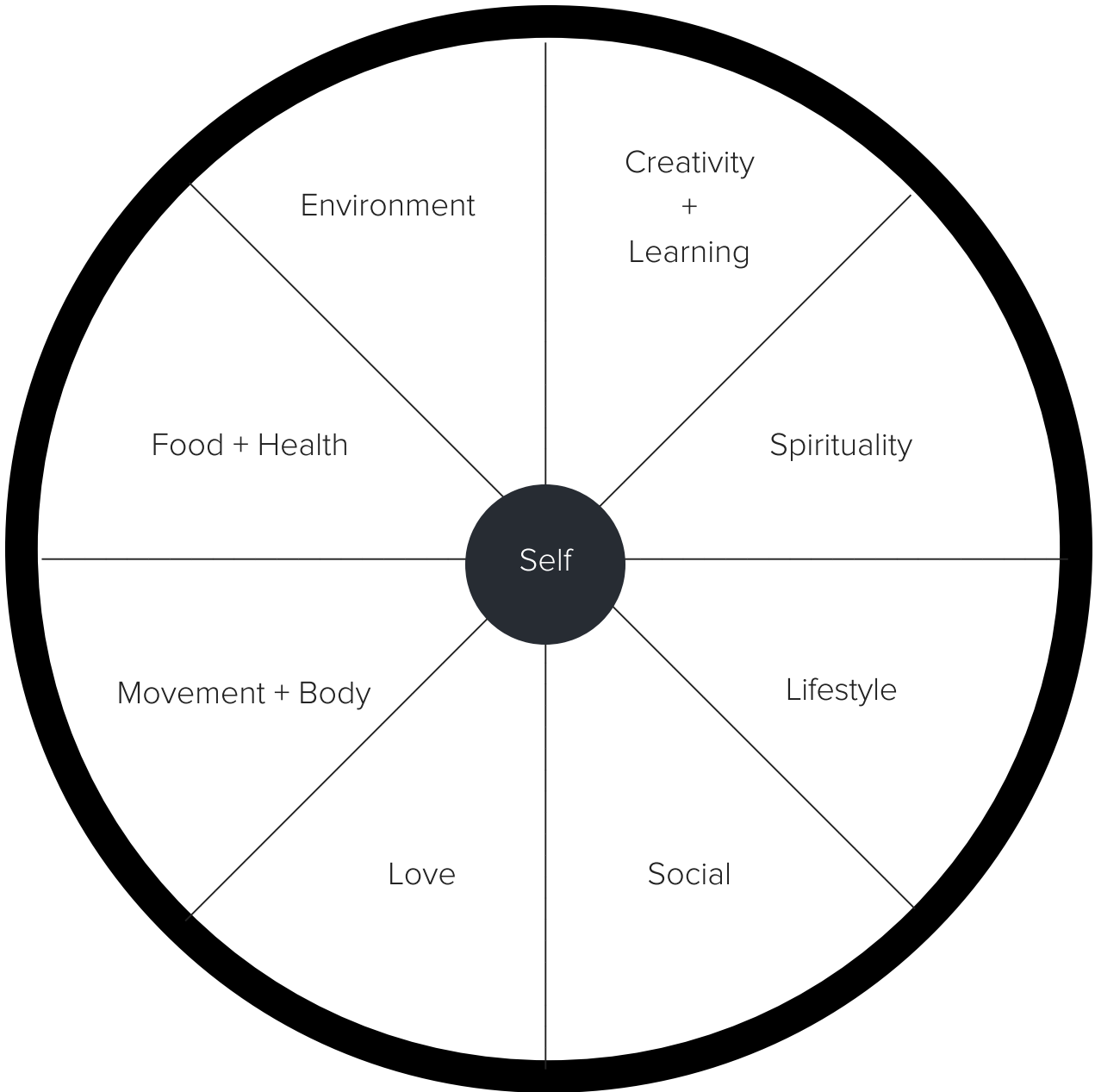
THE BALANCE WHEEL

Find better balance and success in
your life

DREW ELIZABETH

Instructions:

The Balance Wheel symbolizes all the core elements in your life that make an impact on your overall well-being (self-happiness + health). Visualize the center of the circle as a 1 and the outer edges as a 10. Draw a point in each category based on your level of satisfaction with that area in your life. The closer to the center the less satisfied you are. The closer to the outer edge, the more satisfied. Now, draw a line connecting all the dots you have made. The new perimeter represents your Life Wheel!



JOURNAL ENTRY:

Now sit and reflect for a moment...how happy are you with these results? Is there one area that really throws the circle off balance?

Keep in mind that you will never fully have a perfect circle and that is OK. Balance is not about perfection because all balance requires a little wobbling. Am I right? You are not expected to be fully aligned with all elements. This exercise is a great way to begin understanding where you need some work. You want to grow your circle, not trade off in some areas of your life in order to expand others. It's about moving forward, challenging yourself and pushing your boundaries to expand your circle and make it bigger while maintaining a balance.

I'm sure you noticed the word "Self" at the center. Self-Awareness is the first step in creating what you want and mastering your life so it makes sense that it's also the foundation of your core elements.

Below is an explanation of each of the 8 core elements for you....

THE 8 CORE ELEMENTS

FOOD + HEALTH

What you're putting into your body. Food, vitamins, and drink. The quality of your health through nutrition. Fuel.

MOVEMENT + BODY

Being comfortable in your skin. Movement in terms of giving your body respect and care. Healing. Sensuality. Fitness.

LOVE

Self-love. Compassion. Love in all relationships (family, friends, significant other). Romance.

SOCIAL

Collaborations. Community. Professional relationships. Causes. Volunteer involvement. Giving back. Strong connections within your groups.

LIFESTYLE

Career. Travel. Sleep. Stress. Rest and relaxation. Self-Care.

SPIRITUALITY

Believing in something else no matter what that means to you. Church, worship, a higher purpose. Truth. Faith. God. The Universe. Spirit. Guides.

CREATIVITY + LEARNING

Self-expression. Hobbies. Being inspired. Learning a new skill. Interests. Education.

ENVIRONMENT

Home. Space. Comfort. Your surroundings and the natural world.