

WHEEL OF LIFE BALANCE SELF ASSESSMENT



THIS ASSESSMENT COVERS SEVEN AREAS OF YOUR LIFE THAT REPRESENT ONE WAY OF DESCRIBING YOUR CURRENT WHOLE LIFE EXPERIENCE.

This exercise measures your level of satisfaction and range of expression in these areas as a snapshot in time. As you work through this assessment you will find areas where you can acknowledge yourself for the success you have

created and areas where you may want to improve your level of satisfaction. Rank each of the statements below on a scale from 1 (Highly disagree) to 10 (Highly agree), then total your scores for each area.

1. PHYSICAL HEALTH

I have a positive body image

I have a structured fitness/flexibility program that I follow regularly

I mostly have a consistently high energy level

I have educated myself about health and nutrition and am aware of what my body thrives on, as well as what to avoid

I do not have serious and/or chronic health issues and ailments

I have a healthy sleep routine, and mostly wake up feeling energised.

TOTAL

/60

2. RELATIONSHIPS

I have strong and healthy bonds with my close family

I have a stimulating, trustworthy network of friends to socialise and share with

I can communicate easily, openly and honestly with my family and friends

My friendships with my family and/or friends nourish and sustain me

I invest quality time and energy in my friends

I have at least one family member or friend with whom I can discuss personal

TOTAL

/60

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3. PERSONAL AND INTELLECTUAL GROWTH

I regularly spend time on learning and other activities that make me grow as a person

I feel satisfied with my current level of knowledge, skills and education

I often pursue new activities and challenges that can develop my skills, whether physical, intellectual or emotional

I regularly exercise my brain by non-fictional reading, mind games and other stimulating activities

I have clear goals and timelines for my personal and intellectual growth

I have a positive attitude towards learning about new topics and appreciate people who share their knowledge and insights with me.

TOTAL

/60

4. WORK AND CAREER

I am satisfied that I use my talents and skills in my work

I can balance the needs of my career with my personal needs

I look forward to my work most of the time

My career challenges me and keeps me learning and growing

I enjoy my work environment and the people with whom I work

I know that I am on the right career path, and that motivates me to give my best

TOTAL

/60

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5. SPIRITUAL

I believe that I am more than a body; that I am a soul with infinite potential

My spiritual/religious beliefs are clear, and guide my thoughts and actions

I have regular quiet, alone time to contemplate, meditate, and practice relaxation techniques including breathing exercises

I have a clear sense of purpose and meaning in my life

I experience inner peace, and I foster hope, faith and optimism

I continuously strive to grow in my spiritual/religious life

TOTAL

/60

6. FINANCE

I manage my finances well, and do not constantly struggle to make ends meet

I have clear, written financial goals regarding retirement, saving for specific needs, and provision for unforeseen events

I am in the habit of spending and saving money according to a monthly budget

I actively find ways to improve my financial wellbeing

I do not have to make use of overdrafts and loans on a regular basis

I do not lie awake because I worry about my financial position

TOTAL

/60



**"WHEN WE ARE NO LONGER ABLE TO CHANGE A SITUATION-
WE ARE CHALLENGED TO CHANGE OURSELVES."
VIKTOR E. FRANKL**

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7. QUALITY OF LIFE

I schedule time in my life to relax, play and practice hobbies without feeling guilty

I know what activities renew me and bring me alive; I plan for and participate in them regularly (e.g. travel, workshops and other events)

I know who I am, and accept myself and others without judgement and blame

My home reflects my personality; it is my safe and comfortable sanctuary

I have a clear personal vision and a sense of purpose for my life.

I have thought deeply about the quality of life I strive to live, and I am making the most of this one chance I have to live a meaningful life.

TOTAL

/60

SCORES :

TO GET A VISUAL REPRESENTATION OF YOUR WHEEL OF LIFE BALANCE, TRANSFER YOUR SCORES FROM THIS PAGE TO THE CORRESPONDING SPOKES OF THE WHEEL BY MAKING A CROSS (X) ON THE SPOKE. CONNECT THE DOTS TO GET YOUR WHEEL.

LIFE AREA

Physical health

Relationships

Personal and Intellectual growth

Work and Career

Spiritual

Finance

Quality of Life

SCORES

/60

/60

/60

/60

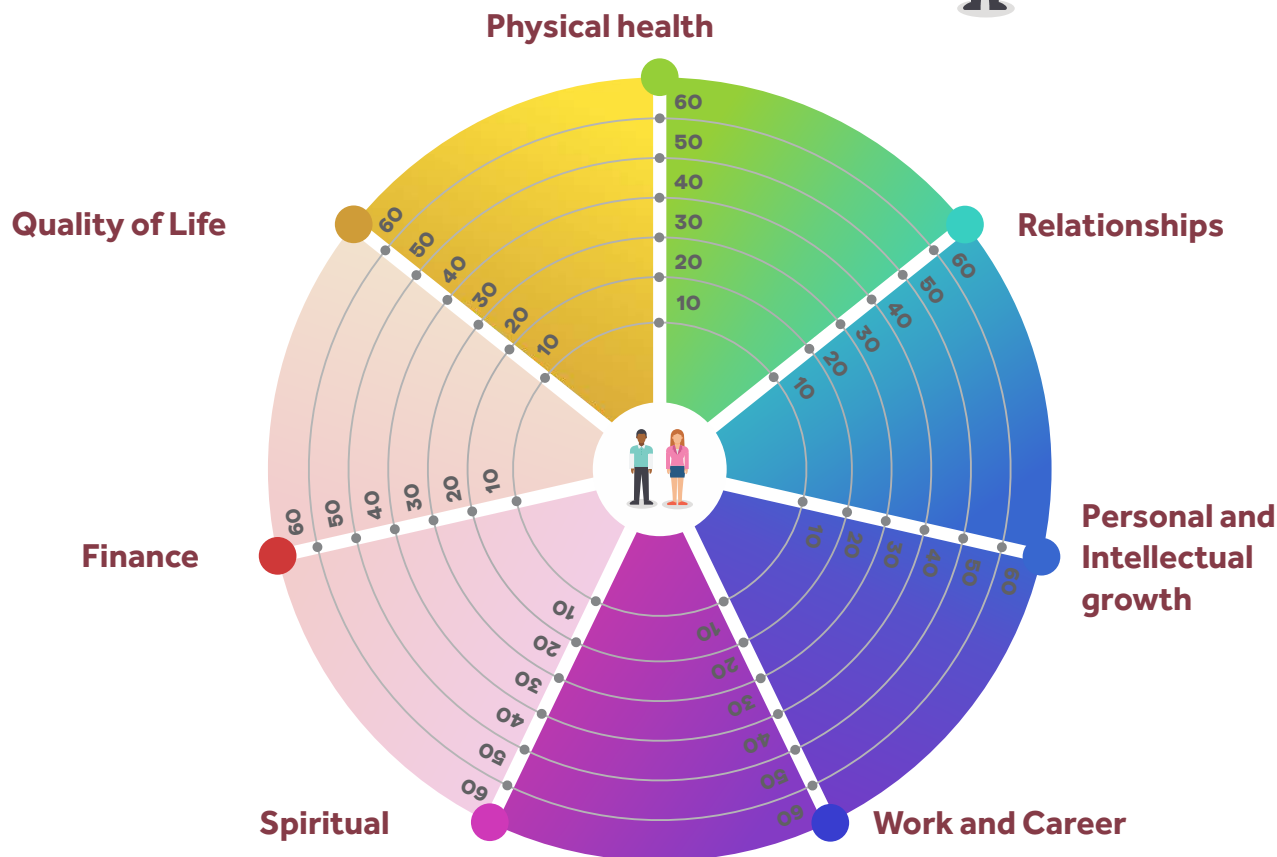
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Let us explore the basics of a wheel further, before applying it to our own lives. A wheel has a centre-point or hub that anchors the wheel to some structure. From this centre-point we have spokes extending to the outer rim of the wheel – the area of the wheel that touches the road. For the wheel to be round, the spokes should be of equal length (if not, the wheel will look like one on a Flintstone's vehicle!). And a bigger wheel will cover more distance, with less effort.

LET US NOW APPLY THESE BASIC CONCEPTS TO OUR OWN LIVES:

- We all have various areas (spokes) in our lives.
- Often some of these areas are well developed (the spokes are longer), whilst others are underdeveloped (shorter spokes).
- In striving for a round Wheel of Life Balance, it won't help to focus only on some spokes: making some spokes longer will actually make the wheel even more lop-sided.
- This means that we must focus in a holistic manner at the whole wheel, and work in a balanced

way towards lengthening the shorter spokes, whilst ensuring that we do not shorten (neglect) the other spokes as well.

NOW TAKE A GOOD LOOK AT YOUR WHEEL.

Use a blank page or a Word document and record your observations:

- How round is your wheel?
- How big is your wheel?
- Which spokes (life areas) are the ones you have to work on to get a rounder and bigger wheel? Focus for now on a maximum of 3 areas.

LOOK AT THE STATEMENTS IN THE QUESTIONNAIRE FOR THE SPECIFIC AREA YOU CHOOSE TO WORK ON:

- What should/can you do to improve and grow in this area of your life?
- If you have tried to work on improving this area previously, why didn't you succeed, what were the obstacles?

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IZETTE FAUL DIETITIANS IS ABLE AND WILLING TO HELP YOU IDENTIFY YOUR GROWTH AREAS, AND PROVIDE YOU WITH PRACTICAL SUPPORT ON HOW TO DEAL WITH THIS IN THE FOLLOWING WAYS:

1. By completing the Self Assessment

Questionnaire, and plotting your scores to get a visual representation of your own Wheel of Life Balance, you should be able to identify your three most important growth areas. Focussing your attention on an area, you can start setting some goals and timelines for improvement in that area. Example: if you realise that your lack of fitness is a problem, you can start practicing a new exercise programs – nothing prevents you from doing this IF YOU ARE MOTIVATED AND SELF-DISCIPLINED.

2. If you feel unsure on how to start working on an area (for example interpersonal relationships), you can contact us by email at dietitian@izettefaul.co.za, and one of our psychologists or counsellors will contact you to provide you with insight and advice on how you can tackle this challenge. Often the shortness of the spoke is merely a symptom or result of underlying issues that must be dealt with.
3. Should you need more in-depth counselling, the psychologist/counsellor will plan together with yourself a tailor-made intervention, which can include in-person sessions, and/or online sessions. This can be supplemented with written material emailed to you. The cost of these type of interventions will be clarified with you at the onset of the process.

WE LOOK FORWARD TO SUPPORT YOU WITH THIS PROGRAMME TO A BALANCED AND FULFILLING LIFE!



Contact us today!

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