



# Strike the Balance

Assess your current work-life balance and discover where to start your change.

Building awareness is the first step to change. But how aware are you of your current work-life balance? Could changes be made to help you feel and live your life better? Fill out the wheel to find out.

For each area, give yourself a satisfaction rating from one to five and mark that point on the chart.

Notice how you feel about different scores, then ask yourself: Are you happy with your wheel of balance? What changes could you make to improve it? Is it all intentional or do you feel it's just become that way?

## The work-life balance wheel

Share your work-life balance wheel with a friend, family or colleague. It always helps to talk it through with another person!

