



Balanced Living Wheel Assessment



Create the Life You Want!

Dr. Darlene Braden

Are you ready to take action towards reaching your goals and living the life you want? Great! The first place to start on any project is setting realistic, reasonable and achievable, specific goals.

There are plenty of rah-rah seminars that get you pumped up to set goals. They say, "Picture the goal; go for it. Do what it takes, and whatever it takes is whatever it takes."

Now, in part I agree. Goal setting through visual pictures and getting motivated is important, but rah-rah is only a surface motivator. If you are going to make deep and lasting change you must take a vital step **before** setting goals. This step is to **know where you are now**, in your present state, before the journey. For example, let's pretend that you are in a new profession and you are now a road assistance operator. Your job is to answer the phones and help the other person on the other end of the line. Let's say you answered the phone and heard someone with a strong Spanish accent say, "Hello, I wonder if you could tell me the way to Disneyland. I want to take my family, and I need to know how to get there." Would you be able to assist that person with directions?

What if the phone rang again and you heard someone with a heavy English accent say, "Hello there, I was wondering if you could give me the directions to Disneyland." Could you assist this person as well? My guess is that you would need to gather some information from your callers before you could answer concisely. What information would you need?

What questions would you ask them? Would you ask them their Social Security numbers? Would you ask them their measurements? No, you would simply need to ask them...

Where they are coming from or where they are now?

The directions from Mexico to Disneyland are very different than the directions from England to Disneyland.

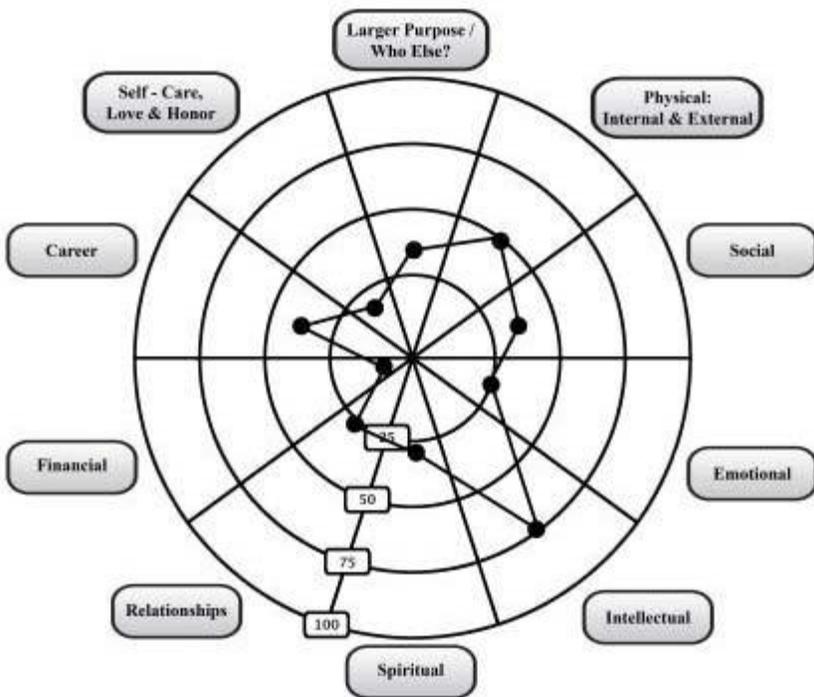
With this in mind, before we begin, let's find out specifically where you are now in life, in the 10 life categories shown in the Balanced Living Wheel Self-Assessment.

Please use one of my clients, Anna's, filled-in graph as a guide to fill out your own graph. We will use her examples as we continue.

Balanced Living Wheel Self-Assessment

Name: Anna My Professional Goal: Make comfortable sales calls. My Personal Goal: Lose 25 pounds

Anna's Assessment before her empowerment journey



As you look at the graph, you will see that the center of the circle is 0 and the outer edge represents 100.

Zero = the worst you could be. 100 = the best you can be.

Please rate yourself in each category. Where are you now in your life? This assessment is meant to be current, so think of where you are **today**, not where you want to be or where you have been. Remember to separate the categories in your mind as much as possible, realizing that this can be a challenge because all the categories affect each other's ratings. If you were to ignore and delete all the other categories, focusing on one at a time, what would you rate yourself in each single area?

Remember, it is possible to be 100 because it is not the world's 100; it is your 100. Let's say you are a body builder and you just won the Mr. or Ms. Olympia title. Well, you would certainly be at 100, yes? OK, then, what would you do the next day? You would go back to the gym, wouldn't you? It takes effort to maintain 100, so being 100 would be where a person would rate himself or herself at the moment, and this 100 would need to be maintained in the future.

As you go through each category, one by one. You will find that you can see very clearly, the areas that need improvement.

Note Anna's wheel where she is really low in the financial yet higher in the Intellectual. It becomes obvious that Anna needs to focus on the area of finances in her life to achieve more balance.

Now the **most important question is yet to come**. After you have put a dot in the middle of each category, ask yourself:

What stops me from being 100?

Whatever stops you is where you want to focus your efforts. Go ahead and read the directions and fill out your own Balanced Living Wheel Assessment today.

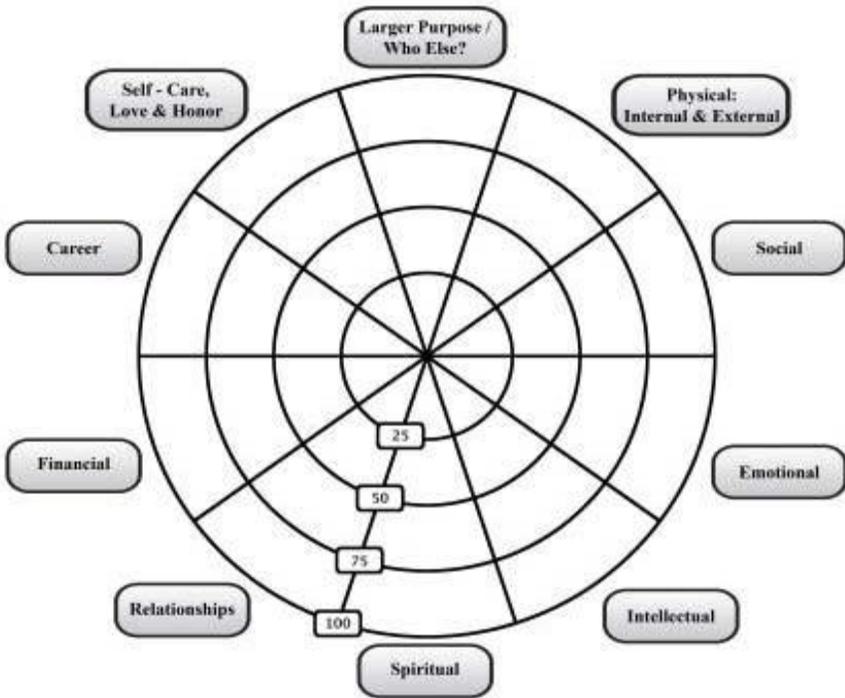
Balanced Living Wheel Self-Assessment

Name: _____ Date: _____

Professional Goal: _____

Personal Goal: _____

Your assessment before your journey:



Now it's your turn.

Use the following instructions for completing your own Balanced Living Wheel Self-Assessment:

1. Start with the physical category. Place a dot in the center of the pie-slice where you think you are today, 0 being the lowest and 100 being the best you can be (not the world's best, but your best).
2. Refer to "Examples to Consider," on the following pages.
3. **After you have rated a category,** write what stops you from being 100 in that area, on the spaces provided. Be specific.
4. Connect the dots. What shape are you? Are you balanced?
5. What areas are high and what areas are low?
6. What areas do you want to focus on first? It is pretty obvious where you need to improve, eh?

Examples to consider

Physical:

- How healthy are you?
- What is your ideal weight, your fitness level, flexibility, energy level, etc.?
- Do you experience sickness, pain, or disease?

Rate your answer on the wheel and then answer:

What stops me from being 100 physically? (Possible answers: I eat too much; sleep too much; don't exercise; eat junk food; don't care; don't make physical well-being a priority; manage time poorly.)

Social:

- How many friends do you have, and how comfortable are you around them?
- How comfortable do you feel in a social setting in groups or just one on one?
- Do you feel good about your social life?

Rate your answer on the wheel and then answer:

What stops me from being 100 socially? (Possible answers: I feel uncomfortable in a crowd; don't know what to say; don't have close friends; fear rejection.)

Emotional:

- How emotionally stable are you?
- How level are your moods?
- Are you emotionally comfortable?

Rate your answer on the wheel and then answer:

What stops me from being 100 emotionally? (Possible answers: Fear, anger, trauma, rejection, confusion.)

Intellectual:

- How smart do you think you are in terms of using your potential?
- How well do you use your mind?
- How stimulated do you feel intellectually?

Rate your answer on the wheel and then answer:

What stops me from being 100 intellectually?

(Possible answers: I don't read enough; manage time poorly; haven't had enough education; need to learn more about world events; need to make it a priority.)

Spiritual:

- How well do you know and understand your Higher Power?
- How do you feel about your spirituality?
- If you follow a religion, how well are you living what you believe?

Rate your answer on the wheel and then answer:

What stops me from being 100 spiritually? (Possible answers: I don't know who God is; need to pray more; need to serve more; don't care; am confused about religion.)

Relationships:

- How well do you understand and use communication skills?
- Do you forgive, understand, and empathize?
- Do you have rewarding relationships in your life?
- How content are you with the relationships in your life?

Rate your answer on the wheel and then answer:

What stops me from being 100 in my important relationships? (Possible answers: I don't have communication skills, forgiveness, understanding, or patience; I'm selfish; I am too easily distracted by other things.)

Financial:

- Do you have a budget and follow it?
- Do you do the appropriate accounting for your home and business budget?
- How much money do you have? Is it enough?
- Are you disciplined in your spending habits?
- Do you have short and long term savings?
- Do you have investments for the future and retirement plans?

Rate your answer on the wheel and then answer:

What stops me from being 100 financially?
(Possible answers: I don't have a financial education; need a budget; don't do accounting; need discipline in spending; have too many accounts receivable.)

Career:

- How much do you enjoy your career, aside from the aspect of money?
- Are you in the career you want to be in?
- Do you feel passion and purpose in your career?
- Does your career fulfill your needs and desires?

Rate your answer on the wheel and then answer:

What stops me from being 100 in my career?

(Possible answers: Need to find my passion; am in the wrong profession and don't enjoy what I do; don't enjoy my boss or coworkers; don't know what to do next.)

Self-Care:

- How well do you take care of yourself compared with how you take care of your children, pets, etc.?
- Do you honor yourself?
- How much do you love yourself?
- Do you take time for yourself each day, because you are important?
- Are you important?

Rate your answer on the wheel and then answer:

What stops me from being 100 in self-care? (Possible answers: I don't take care of myself as well as I care for my children because I am not as important; don't set boundaries; don't love myself; need to care about filling my cup before always giving too much; don't know who I am.)

Larger Purpose: (Who else is involved? How do I serve?):

- How do you participate in service?
- Who else do you consider when making decisions?
- As you live your life, do you consider how you are part of the whole world rather than a separate being? (How do you contribute to the world by simply grocery shopping, reading this book, etc.?)
- How are you involved in service from the heart, not just actions?
- Do you live your life just for yourself, or do you live your life considering the effect you have on others?
- How are you a part of more than just you, every day? (If you don't understand this question, then you most likely will score low in this area.)

Rate your answer on the wheel and then answer:

What stops me from being 100 in my higher purpose?
(Possible answers: I don't have enough love for the world; forget that I am part of the bigger whole; am selfish and don't care; don't believe it matters.)

(Fill information in on next page) Remember, this is **your** assessment, and 100 on the outer edge of the assessment is the best **you** can be, not the world's best. 100 represents that you are satisfied with where you are.

How did you do? Did you fill out the wheel and connect the dots? What shape did you create? Does it look like a Pacman, starfish, kite, or egg shape? In my experience, if your shape is small and symmetrical, then you most likely feel depressed or down; if your shape is more like a star, you most likely experience anxiety and confusion. If your shape is large and round, then you feel balanced, and you've done a good job because balance is the goal. Balance feels good.

Goal Setting

Now that you have filled out the graph, you can see the areas that are lowest and highest. Let's get started by setting some specific goals to concentrate on and discuss during our sessions. Let's set a personal goal and a business goal.

Personal goals may be in the areas of fitness, social skills, emotional desires, intellectual goals, spiritual goals, relationships, or actions such as having a better golf game.

Professional goals may be in the areas of management, time-management issues, business structure implementation, prospecting and referral gathering, sales process, etc.

Answer the questions in the following exercise.

Goal-Setting Exercise

Think of a goal that you have set before – in fact, many times before – and have not yet achieved. Make your goals very specific and state them positively. Focus on one goal and leave the other goals for next time.

You might ask “How do I set a specific goal that is stated positively?”

Let me first give you examples of what **not** to do. Here are some examples that are nonspecific, non-achievable goals.

I want:

- To feel good.
- To not be depressed.
- To not be fat.
- To be happy.
- To have peace.

Here are the same goals, stated positively and specifically. Make sure to consider when you want to achieve the goal, where, and with whom.

What do you want?:**I want to feel good:**

I want to feel good in my skin at my next reunion. I would know this because I would focus on the other people rather than on what others think of me.

I don't want to be depressed:

I want to feel happiness as I did when I was on vacation at my favorite spot. I want to be able to feel this way every day. I want to have a positive attitude and passion and feel the happiness in my body that I felt on that vacation. I would like to be alert in mind and spirit (rather than depressed).

I don't want to be fat:

I want to lose 7 pounds, be able to run 3 miles without stopping, and have a body fat ratio of 18 percent. That is what I mean by not being fat.

I want to be happy:

I want to be happy around my ex-husband at our daughter's dance recital. I will be able to focus on my daughter and not focus on my ex-husband.

I want to have peace:

I want to feel peaceful, loving, and forgiving at our family reunion when I see my dad for the first time since he abused me verbally.

Before we set your goals, we must first state the problem. Again we will use Anna as an example.

Personal problem:

Anna said, "I am fat."

Professional problem:

Anna said, "I am scared to death to make sales calls. I have a fear of rejection."

Reader's response

Personal problem:

Professional problem:

Now it is time to set your specific goals.

What do you want?

Let's use Anna as an example:

She says, "I want to lose 25 pounds in 3 months and get in shape. I want to be a size 6, and I will know that I have achieved my goal when I can fit in my black jeans that I have been saving in the back of my closet."

Anna considers her professional goal and says, "I want to be calm and patient when I make 10 calls per day. I want to feel excited and anticipate the great sales and relationships I will make by placing the calls. I will know I have achieved my goal when I really look forward to using the phones." (Rather than feeling she was going to die before making the calls.)

“So, Anna,” I asked, “have you set this goal before? Many times, perhaps millions? Do you know why you have not reached this goal each time?” Have you as my reader set your goals over and over. I bet you have because it is common to set unrealistic goals. Isn't it great to learn new ways to set and achieve goals?

Do not be a GOAL SETTING MANIAC!
Setting goals in all areas at once
can be a setup for failure.
Focus on one area at a time.

(To my reader: When setting your goal, be careful NOT to say what you DON'T want. “I don't want to be fat, sick, sad etc.” Say what you DO want.)

Reader's response:

What do you want personally? (Specifically, where, when, and with whom?)

**How will you know you have reached your goal?
What is your motivation for reaching your goal?
Why do you want to achieve your goal?**

What do you want professionally? (Specifically, where, when, and with whom?)

**How will you know you have reached your goal?
What is your motivation to reaching your goal?
Why do you want to achieve your goal?**

NOW...

Now is the time to take action! Every month I leave a few spots open for my personalized Strategy Sessions, free.

Based on what you've done so far in this book, I know you want balance and to control your life, and these sessions are exactly what you need to put it all together.

What we need to do is figure out what is going on right now and what your end result needs to look like, with a 15 minute Strategy Session. In the session via Skype or phone, meet with one of our professionals. They will discuss with you the NEXT step!

CLICK

<http://balance.whatstopsy.com/free-strategy-session-1st-step/>

About the Author:

Darlene draws from a wide variety of personal empowerment tools ranging all the way from Eastern philosophy to modern, tangible techniques. She also helps her clients to address their issues on a behavioral level with external challenges or on a deeper level concerning unconscious awareness.



Darlene holds a Ph.D. in Advanced Studies of Human Behavior, a Masters Degree in Counseling Studies and a Bachelors Degree in Human Development and Family Studies and a Certified Substance Use Disorder Counselor (CSUDC). She has received certifications as a Clinical Hypnotherapist, Master Neuro-Linguistic Programming (NLP) Practitioner, NLP Health Practitioner, Reiki Master. She is a best-selling author, has had success as a professional platform speaker, corporate trainer, and business/life coach. With boundless energy and a true joy for life, she has raised five successful children with nine grandchildren and more on the way. She currently has a national private practice and resides in St. George, Utah.