

## EXERCISE

# THE WHEEL OF BALANCE

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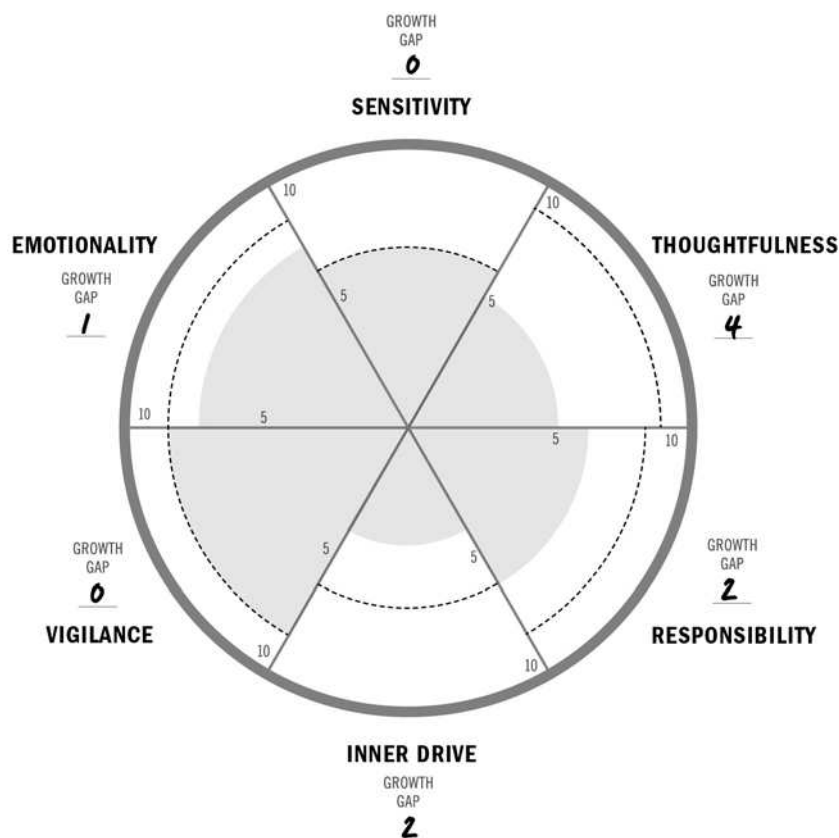
The Wheel of Balance is a visual way to determine how balanced or unbalanced your STRIVE qualities are and where to focus first. I've included Kelly's Wheel of Balance for you as an example. Keep yours in a safe place because we will come back to it in subsequent chapters.

### INSTRUCTIONS

1. *Give yourself a score.* Remember the STRIVE Qualities Scale you completed earlier? Take the average of your answers to get a number for each of the qualities. Each slice on your Wheel of Balance represents how balanced you are in that particular STRIVE quality right now.
2. *Pinpoint your current reality.* Draw a line across the slice and shade it in (see the following image for an example).
3. *Identify your desired reality.* Rate each area on your wheel based on how balanced you want to be six months in the future. Draw a dashed line across the slices.
4. *Give the overall picture a gut check.* Adjust scores if they don't feel right, but don't increase your score because you think it should be higher.
5. *Gauge your growth gap.* The difference between your shaded section and the dashed line is your growth gap. Write the difference between the two numbers outside each slice. Some areas will have larger growth gaps than others. What aspects are you motivated to work on first as you read the rest of this book? The goal isn't to achieve perfect balance, but rather to assess whether you are moving *toward* or *away* from balance.

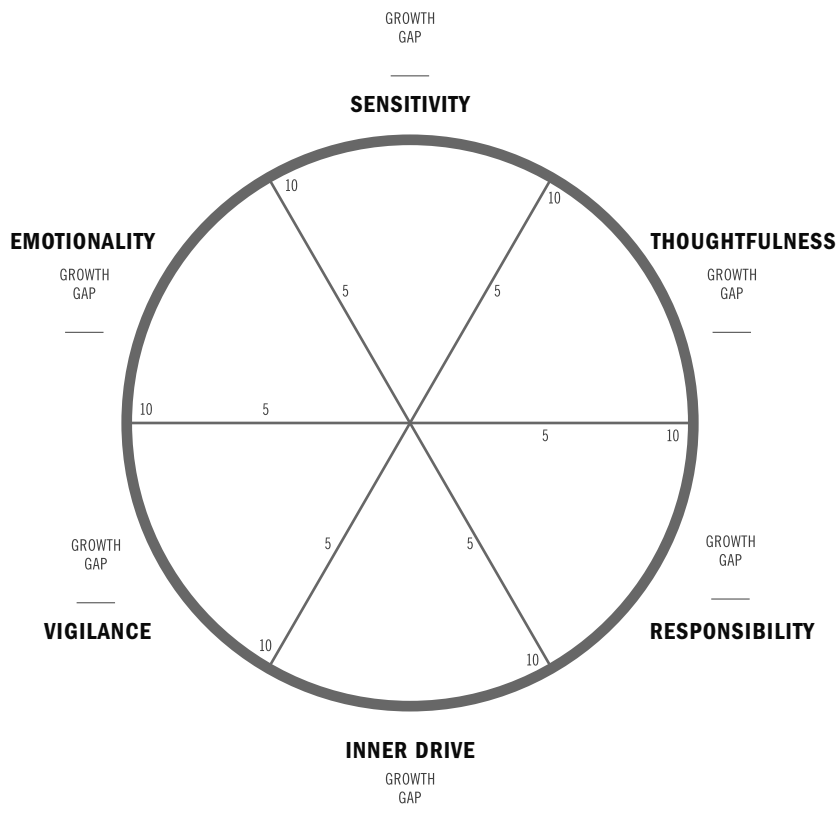
# THE WHEEL OF BALANCE

*Kelly*



| GROWTH GAP     |   |
|----------------|---|
| Sensitivity    | 0 |
| Thoughtfulness | 4 |
| Responsibility | 2 |
| Inner Drive    | 2 |
| Vigilance      | 0 |
| Emotionality   | 1 |

# THE WHEEL OF BALANCE



| GROWTH GAP     |  |
|----------------|--|
| Sensitivity    |  |
| Thoughtfulness |  |
| Responsibility |  |
| Inner Drive    |  |
| Vigilance      |  |
| Emotionality   |  |