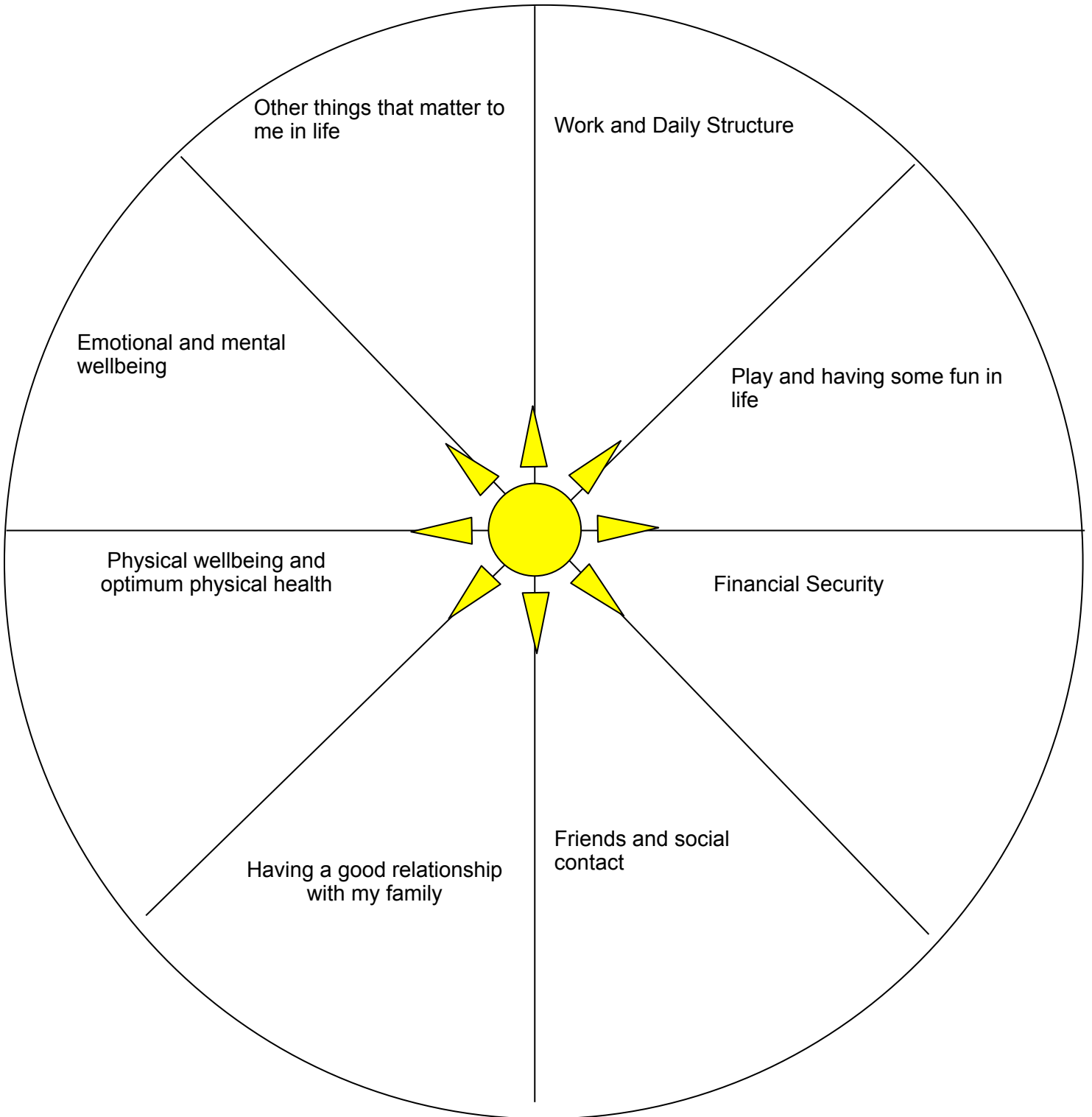


# Having a good and balanced life

10



## INSTRUCTIONS

### INDIVIDUALLY

1. Consider each segment of the diagram
2. Write a score from 0 to 10 in the segment to show how **satisfied** you are with this aspect of your life (where 0 = “not at all” and 10 is “very satisfied”)

### NOW IN PAIRS

3. Now discuss with your partner the overall picture, moving round the circle  
Pay particular attention to:
  - High scores – Great!!! Now what makes it so high? Make notes below.
  - Low scores – Maybe an area for action? How come this score is low, what would be different when this is higher? Make notes below.
  - Now identify the segments identified by each of you as those areas in which you would like to be more satisfied, mark these with a star (\*)
  - Use the scale questions (on screen) and plan for increased satisfaction in one or more areas

### WHAT HAVE I LEARNED / OBSERVED BY DOING THIS EXERCISE?

### NOTES / MY ACTION PLAN

