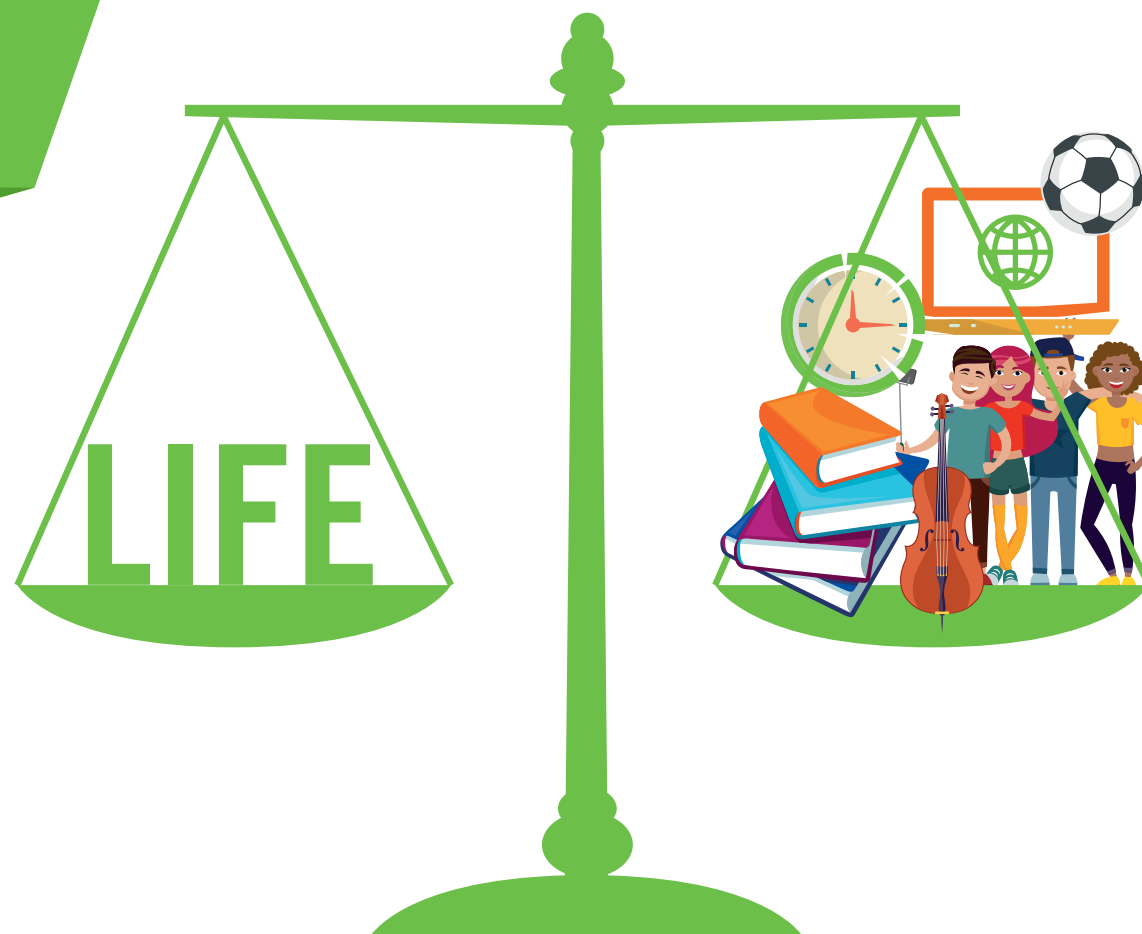


MY BALANCED LIFE



AIMS



In this lesson you will:

- Reflect on important aspects of your life and explore if you are living a well 'balanced' life.
- Reflect on areas that you want to change/enhance in your life in order to become happier and more successful.
- Reflect on why aspects of your life are going well or need more attention and how they can be improved.

OUTCOMES

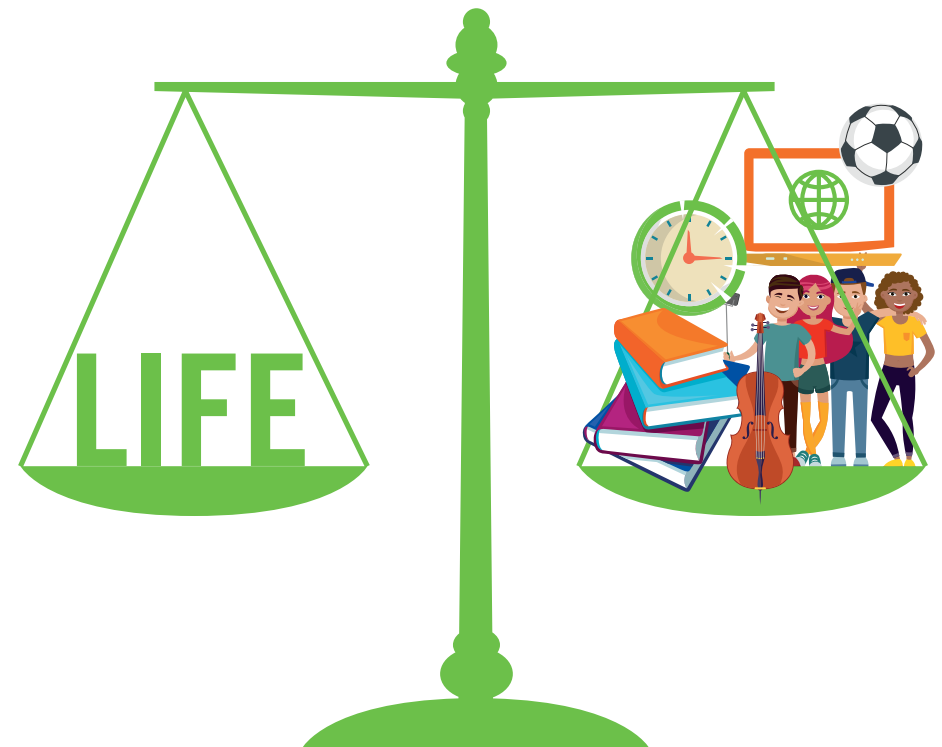


At the end of this lesson you will be able to:


- Identify which areas in your life that are off balance.
- Identify how satisfied you are in each aspect of your life.
- Identify areas that you want to change or enhance in your life in order to become happier and more successful.

WARM UP QUESTIONS

With the person beside you discuss the concept of a 'balanced life' and whether or not you feel you live a balanced life.



DID YOU KNOW?



Rarely do students, or anyone for that matter, take sufficient time out of their day to step back and assess the broader picture of their lives.

**TODAY WE ARE
GOING TO LOOK
AT THAT BROADER
PICTURE**



WHAT ARE THE IMPORTANT AREAS OF YOUR LIFE?

For example:



Friends

School

Grades

Family

Hobbies
etc.





Today we are going to look at these areas and see which areas you are satisfied with and identify some areas that might need some attention!

WHEEL OF LIFE



- In this busy world, it can be hard to know how we really feel. We tend to look at our lives - and say “Oh yes, I’m happy”. But when we get into the detail of our lives, there are often dissatisfactions and areas that can be improved. The Wheel of Life is a great tool to help you understand which areas you might need to work on - and which are already great.
- This tool works because it gives a fast, visual overview of how satisfied you are with your life.
- The scoring for each segment on the wheel enables you to see which life areas you feel good about - and which areas may need some work.
- The next step is to create an action plan, prioritising the areas of your life that have the lowest scores. The goal is to identify actions that will raise your satisfaction levels and lead to a more fulfilled life.

WHEEL OF LIFE

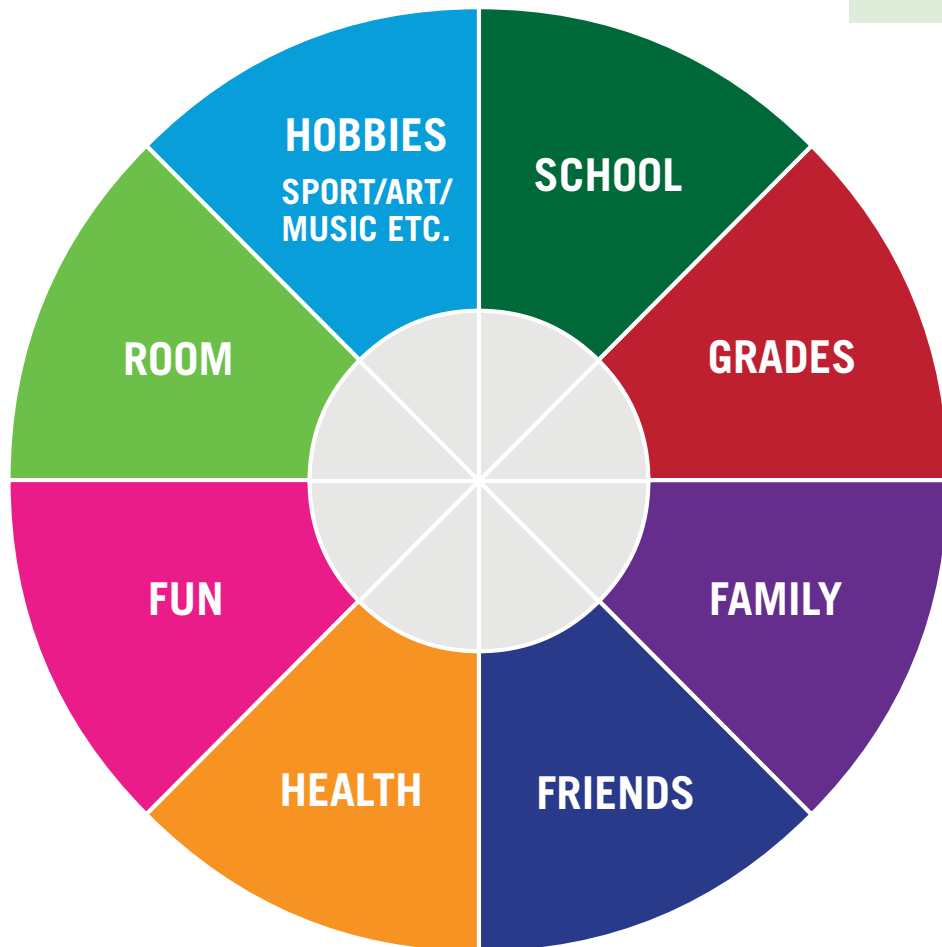
Rate your level of satisfaction in each of these areas.



1 = extremely unhappy



10 = extremely happy



School: Your overall experience of being in class and being with your friends

Grades: How happy (or unhappy) are you with your grades?

Family: The people you live with

Friends: Have you good friends.

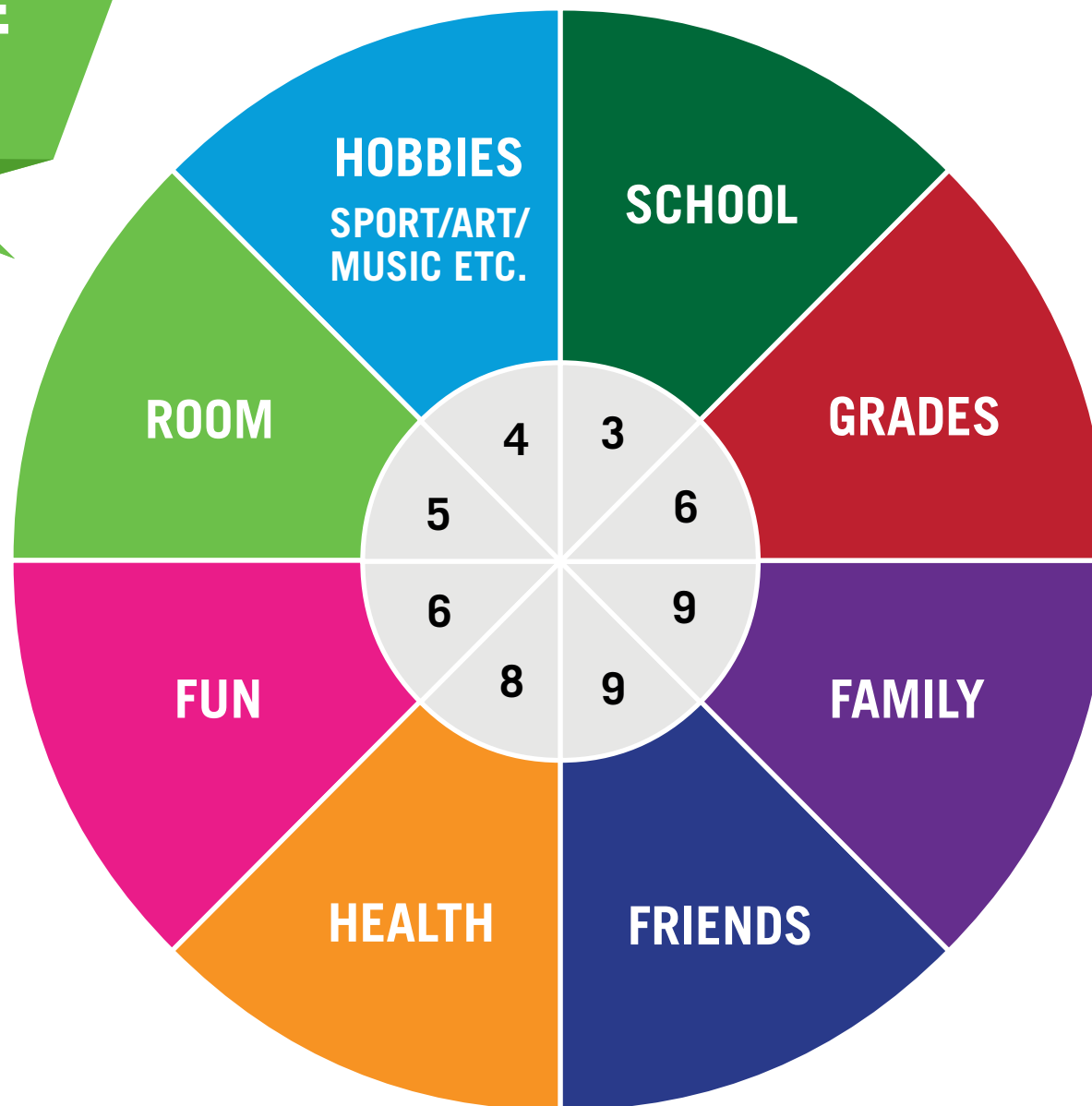
Health: How healthy you feel, how much you exercise and your diet.

Fun: How much fun you are having.

Room: How clean or messy your room is and how happy you are with it.

Hobbies: Have you a hobby and are you happy with this hobby?

WHEEL OF LIFE EXAMPLE



NEXT.... A TIME FOR SOME REFLECTION

Reflect on WHY each category got each number and HOW each category can be improved.



A CALL TO ACTION



In order to have a more balanced, more fulfilled life you must select one goal from each category and create an action plan of how you are going to achieve this goal!



CONSOLIDATION OF LEARNING

Can you...

- Identify how satisfied you are in each category of your life.
- Identify which areas in your life that are off balance.
- Identify areas that you want to change/improve in your life in order to become happier and more successful.