Realisations

Life Balance Wheel

Recreation and Leisure
Relaxation/rest/recovery time
Hobbies, sports, pleasure
Holidays

Education and Personal Development
Self improvement
Increasing your knowledge

Attitude
How positive or negative are you?
(How would those who know you well score you?)

Love
Marriage/partnership
Love life

Incomes and Investments
Regular income
Savings
Investments
Retirement plan

Social
What is your social life like?
Nil, too much or great?

Abode/Home
What is life at home like?

Temple
Your body is your temple.
What state is yours in?

Image
How do you feel about/see yourself?
(How do you think others see you?)

Occupation
Job satisfaction
Reward
Work/Life balanced?

Niche/Purpose
You have a purpose.
How much are you working towards fulfilling it?

Spiritual or Something else
How is your relationship with your creator? If this is not relevant choose another topic or omit it

Realisations™ is a trademark of Realisations UK 2005 - 2021