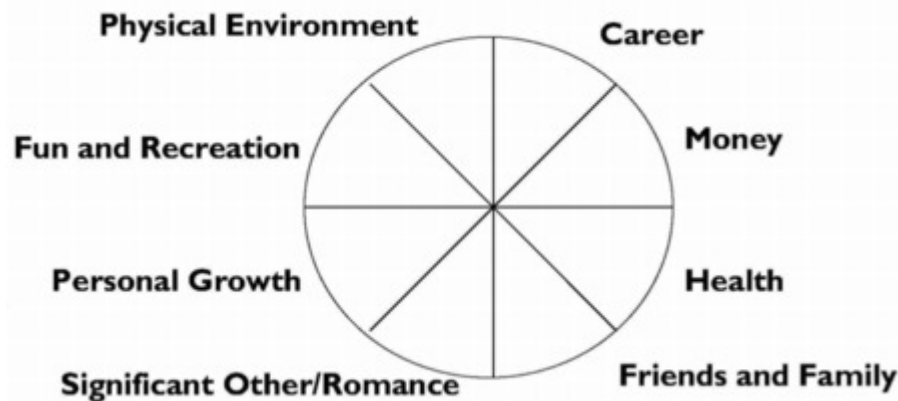


## Learning bite: the balance wheel

Use this exercise to review your satisfaction with various aspects of your work-life balance.

The eight sections in the wheel of life (Figure 2) represent balance. Regarding the centre of the wheel as zero and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents the wheel of life. How bumpy would the ride be if this were a real wheel?

**Figure 2. The wheel of life\***



Your appraisal is an opportunity to check whether you are still enjoying your roles or whether there are new challenges you might prefer to pursue. If so, this may carry over into your PDP. If you are undecided you might decide that a coach or mentor or careers advice might be helpful (see the London Deanery website <http://mentoring.londondeanery.ac.uk/>).