

Circles Exercise

1. Make a list of the seven or so major areas in your life over which you have some degree of control. For example:

Health	Spirituality	Family
Employment	Marriage	Wealth
Friendships	Hobbies	Growth
Career	Property	Education
Self-Development	Community service	

2. Representing each one as a circle, draw a diagram of how your "life circles" relate to each other, both in terms of size, overlap, and distance from one another. Several circles can overlap and/or touch, but this is not necessary. You may want to use different colors, and you may want to edit or rewrite the drawing to give an accurate picture of your configuration. Be honest and fair!

Examples:

If your hobby is boating and your work is selling boats, there is a heavy overlap of those 2 circles.

If your employment requires that you be on the road and unable to spend time with your family, those two circles do not even touch. However, if you and one of your 3 children work and travel together, the two overlap somewhat.

If you work 80 hours per week, allowing no time for anything else, the work circle is the largest, presumably much larger than any other, and doesn't overlap the others, except possibly wealth, if you make a lot of money in your work.

3. After drawing the circles, reflect on them and be prepared to discuss why they appear the way they do, and what you like or don't like about your current "Balance."
4. Redraw your life circles, as you would like them to be and reflect on the changes you will need to make to get your life to this new equilibrium.

This is an interesting exercise for spouses, so they can share their drawings and discuss them with each other.