



Fields of Learning

Whole Life Balance

"To put the world in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right"

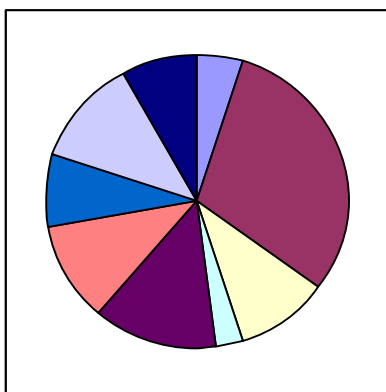
Confucius

What is a Whole Life Pie Exercise?

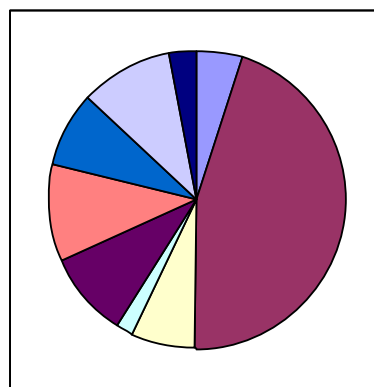
This is an exercise to help people map out the whole of life balance picture. A chance to reflect from an analytical 3rd position how things really look at present, then to map how they would like it to be. They can see the changes in balance that need to be made. They map out how they spend their time and energy and see if it is what they want. If not they map out the preferred balance.

Why is it useful?

This approach can throw into stark relief the reality of balance in life. It can shift an issue into consciousness. It shows that people do have choices in how they slice their life. It can create momentum for change and adjustment. It allows people to future pace their balance in life to check its ecology and sustainability.



NOW



DESIRED

EXERCISE Your Life Pie.

Mapping out your desired balance in life

Follow the steps described.

On the following pages are some Life Pies for you to map out this balance.

Step 1. Imagine your life to be like a pie that has different sized slices. Typically the pie might be divided into the following segments

- Work/career
- Family
- Health and hygiene
- Mental health
- Leisure
- Home or security
- Spirituality and Personal development
- Friends/community/relationship
- Travel/holidays/adventures
- Eating and socialising

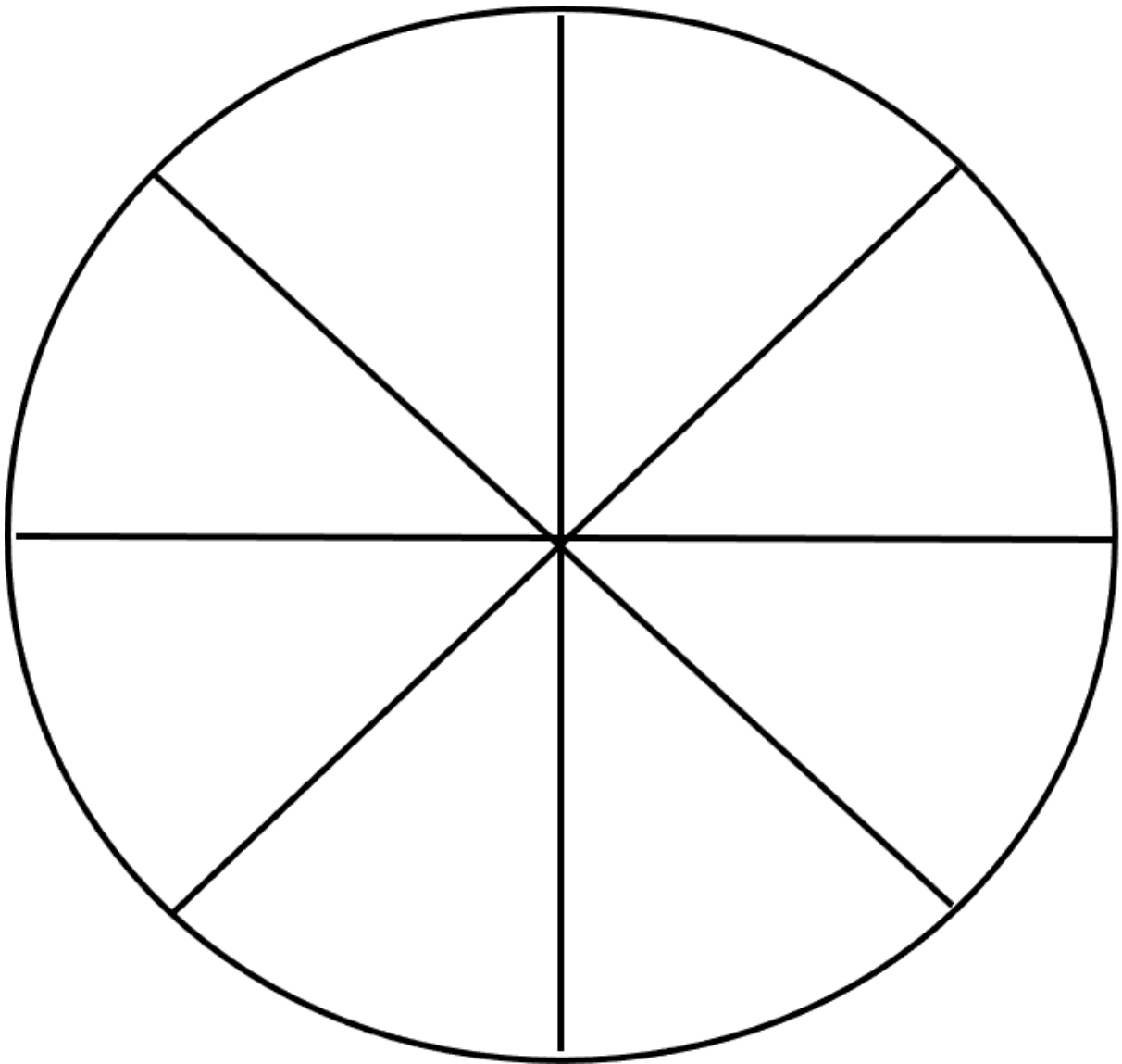
Decide what the component parts to your pie are.

Step 2. Map out the current balance in your life. Be brutally honest with yourself. Some of you may choose to keep a record for a period of time to really measure this; others will do it from gut instinct.

Step 3. Now map out the desired balance you want in your life. Make this what you want as opposed to what you think other people may want.

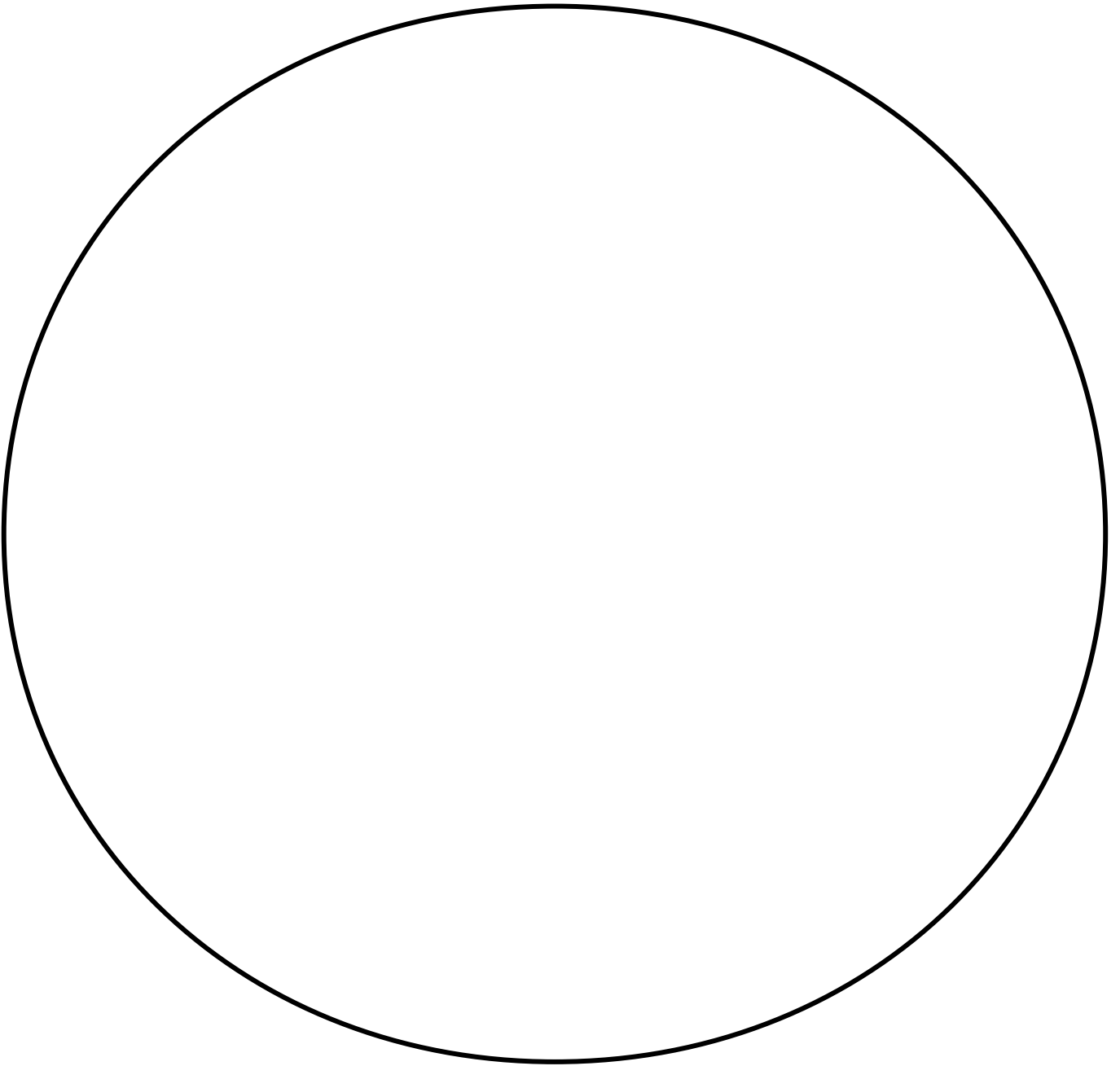
Step 4. Note the differences that are evident. Ask yourself the questions that support change “What would it take to achieve this change?” “What stops me from changing?” “What gains and rewards do I get in the current balance – and how could I have better rewards in the new, more desirable, balance?”

Step 5. What would be your first step to starting this re-balancing exercise? What little, or big, changes could you make that will get the momentum for desirable change started?



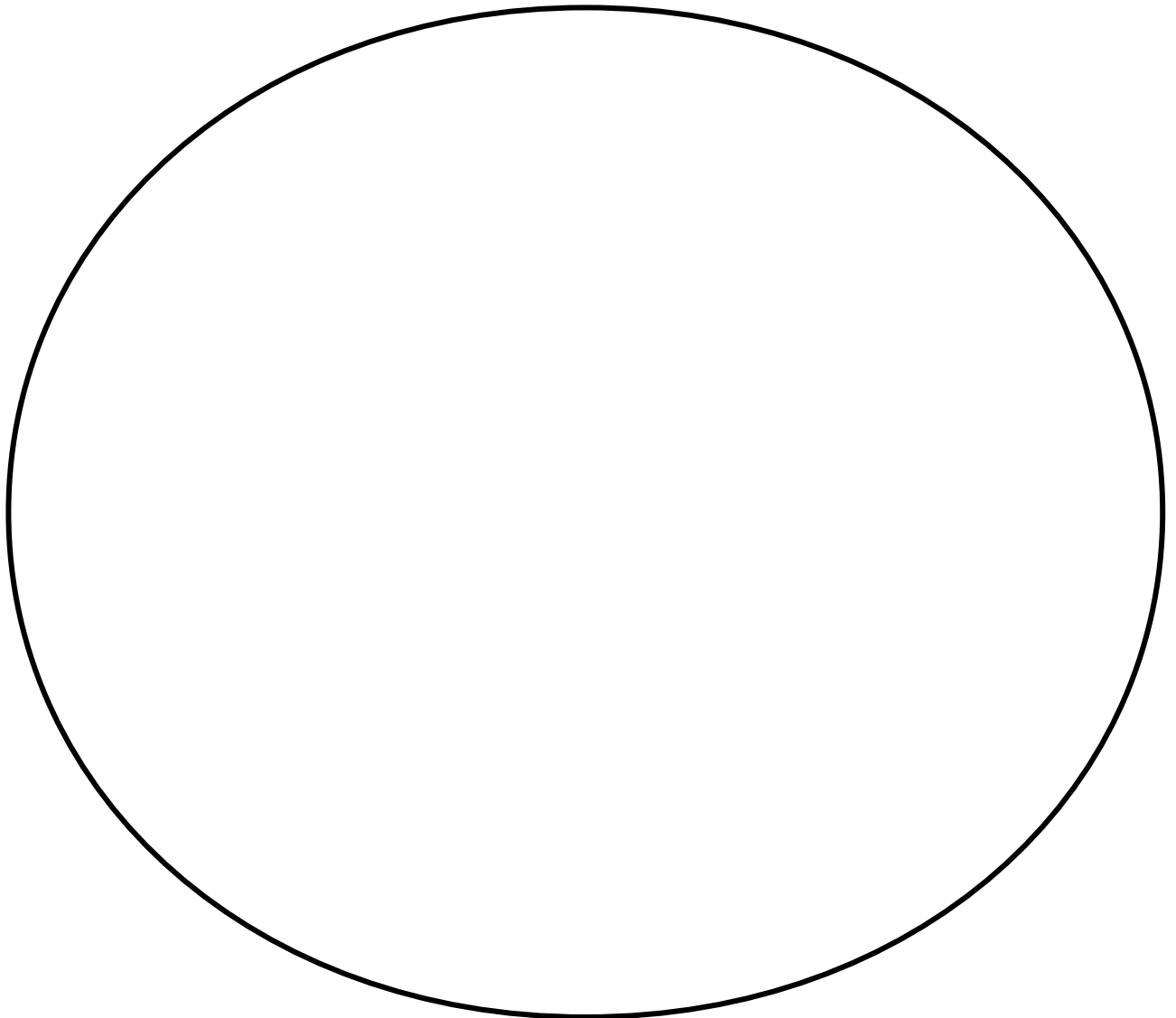
Current Balance of Slices

Draw out the proportionate balance of how you currently spend your time or energy. Be brutally honest with yourself



Desired Balance of Slices

Now draw out the desired balance.



Note to self....

What would it take to make these changes?