

WHEEL OF TIME

Use the wheel of time to perform a realistic assessment of where you are right now, and how you allocate your time.

In this case use the wheel of “anything” to assess how you spend your time.

- A) If you feel you have too many responsibilities at work, use the wheel as a pie chart of your work week. Divide it up to indicate approximately how much time you spend on each area of your work.
- B) If you feel that you are struggling with work-life balance/not having any personal time, use the wheel as a pie chart of your whole week. Divide it up to indicate approximately how much time you spend on each of your activities – work, family responsibilities, exercise, downtime etc.

