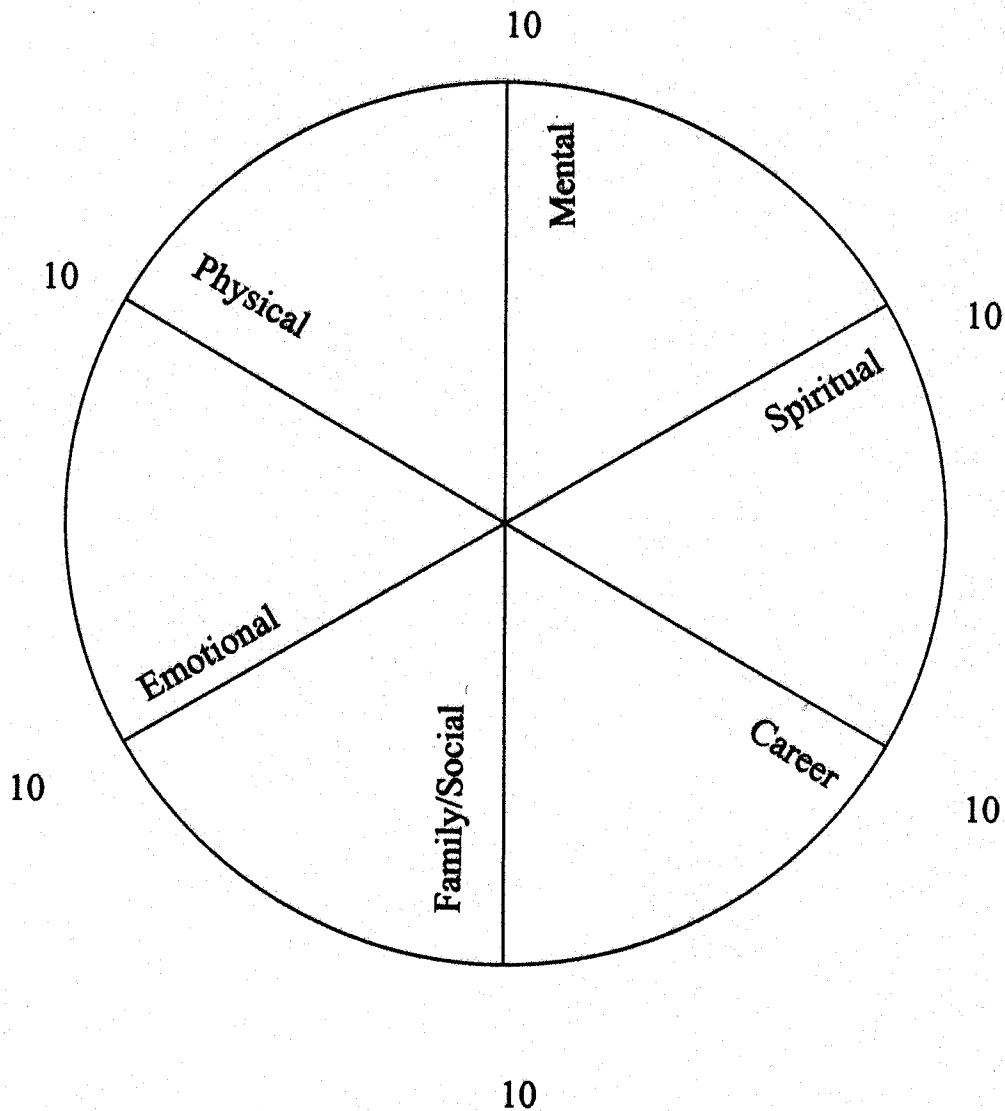


Enterprising Rural Families: Making it Work Assessment: How's Your Balance?

The balance wheel represents six critical areas of life. Rate your satisfaction and success in each area of your life. The inner circle represents a 1 (great dissatisfaction) and the outer end of the line represents a 10 (great satisfaction). Mark each spoke based on where you are along that continuum.



Career

- How would you rate yourself in the direction your career/studies/work is taking?
- Are you satisfied with what you've achieved, your professional development, your responsibilities, your finances?
- Do you enjoy your work?
- Are you fairly good at it?

Place a mark on the career line between 1 (the center circle) and 10.

Spiritual

- Do you have a sense of inner peace?
- Are you comfortable with your spirituality?
- Do you take time regularly to pray, meditate, or experience nature?

Rate yourself here, 1 – 10.

Mental

- Are you still learning? Do you seek new ideas? Develop new interests?
- Are you challenging your mind and thought process in ways different from the old ones?
- Take a class recently? Read any good books lately?
- How mentally and intellectually stimulated are you?

Place a mark on the mental line between 1 and 10.

Physical

- Are you taking care of your body? Exercising it intelligently?
- Have you seen a doctor for a physical check-up lately?
- What have you been putting into your body recently? Quantity and quality food? Caffeine? Alcohol? Tobacco? Medications? What is the status of your health? Are you satisfied with your weight?
- Are you getting to bed at a reasonable hour?

Place a mark on the physical line between 1 and 10.

Emotional

- Are you happy?
- Do you have trouble getting up each morning to face another day of life?
- Do you suffer from moodiness or depression?
- What's your anger and frustration threshold? How short is your fuse?

Place a mark on the emotional line between 1 and 10.

Family/Social

- How satisfied are you with your social activities?
- How often do you talk with members of your family—parents, adult children, brothers and sisters?
- If you're married, do you still have the commitment to the relationship that you had when dating?
- Got a good close friend or two you could count on in any situation?
- How did you celebrate family members' past birthdays? Holidays?

Be honest. This is for you. Lowest is 1, 10 is tops.

Now connect the dots around your balance wheel. Are you living a well-rounded life or do you have an imbalance to take care of? If it's a wheel, what does it look like? Do you have a flat tire? Are you in for a bumpy ride?

Now that you've monitored the shape of your life, you can take steps to smooth out the rough spots. Did you have an area or two that are much weaker than the others? If so, these are areas that you might consider devoting additional time, effort and attention. Make a list of actions you could take in each area that would move you in the direction you want to go. Then use a priority grid (that you studied in a previous module) to help you determine where to start.

The shape of your balance wheel also tends to be indicative of your overall stress level. Poor balance = high stress.

Just as you can't have it all at once, don't try to make all your changes at once. Take it one step at a time. Commit to a plan and do it. Monitor periodically to ensure you're still on track. Achieving balance—or even approaching it—takes time. Most of the really worthwhile things in life do.

Putting Balance in Your Life

1. What do you want most out of life?
2. Why don't you already have it? What would it take to get it?
3. What do you want more of in your life?
4. What do you want less of?

This balance wheel demonstrates one of many techniques to **monitor** the PERSONAL dimension of Human Resource Management in agricultural operations.