

The Vibrant Life Balance Wheel

A playful, powerful way to check in with your life without judgment.



Hey You!

Living a Vibrant Life is about diving into what truly makes your heart sing.

The balance wheel is like a life mirror, allowing you to step back and see the big picture with the clarity of a zen master. It transforms those fuzzy feelings into “aha!” moments, revealing where a little tweak here and a gentle nudge there could unleash a tidal wave of energy, joy, and ease.

People often finish this exercise with epiphanies like:

“Oh, that makes sense.”

“That explains a lot.”

“I know exactly what to focus on now.”

You’ll explore your life with two dynamic strategies:

1. One serves up a quick overview with the precision of a spreadsheet.
2. The other is a deep dive into the ocean of your core values and the current chapter of your life story.

Both approaches are crafted to help you script a life that feels intentional, invigorating, and profoundly fulfilling.
It’s a wonderful tool to help you Live A Vibrant Life.

TRADITIONAL BALANCE WHEEL

Rate each area of your life from one to six based on how satisfied you feel right now.

Then shade the wheel and watch the patterns appear. This works so well because your brain loves pictures. You will immediately see what feels solid and what has been quietly running on empty.

VALUES BASED BALANCE WHEEL

This version skips the numbers and goes straight to what actually matters.

It helps you notice whether your life is aligned with your values or just moving really fast.

This is where people usually have the most aha moments and suddenly know what needs to change and what does not.

Let's Go!

Traditional Balance Wheel

Use this wheel as your visual anchor as you reflect.
Shade it, reference it, or simply use it to guide your thinking.
The goal is to gain insight that helps you make choices
that make your life more vibrant.



Using a scale from one to six,
rate your current level of satisfaction in each core value.
Go with your gut.
Overthinking tends to steal the fun and blur the picture.

Take Aways:

VALUES-BASED Balance Wheel

Use this wheel as your visual anchor as you reflect.
Shade it, reference it, or simply use it to guide your thinking.
The goal is to gain insight that helps you make choices
that make your life more vibrant.



Escort the numbers out of the room.
Instead of asking "How am I doing?"
it asks "Is this working for me?"
Use the prompts to reflect on whether each area of life aligns
with your values, energy, boundaries,
and current season.
No scores. No rankings. Just observation.

Take Aways:

Bringing It All Together

Take a moment to give one last, curious look at your wheel.

This piece sums up your life in all its glory, not just the flashy highlights or the wild behind-the-scenes stuff. It gives you a real look at how your energy is flowing, whether it's racing like a river or wandering like a gentle stream.

And here's the best part: this wheel not only shows where your life's engine might need a little tweak but also celebrates the parts that are already running smoothly. Cheers to that!

Celebrate What's Fueling You (Because a vibrant life builds on momentum.)

Look for the areas that feel full, steady, or energizing. These are the parts of your life quietly doing their job. They are supporting you more than you might realize.

Noticing what is going well builds confidence, protects what matters, and keeps you from trying to fix things that are not broken.

The areas of my life that feel most alive right now are:

What I want to celebrate or protect in these areas is:

