



The Wellness Program

Month 2

December : The Wheel of Harmony

Create your own wheel of harmony.

Part 1: identify the various areas of your life.

Part 2: highlight how much time/energy you will invest in each area over the next month.

Part 3: for each area of your life, identify one activity to which you will commit this month (that aligns with the time/energy you can invest in it).

Coach NB invites you to post a video of yourself sharing a few of the activities to which you will be committing this month that will allow you to strive for harmony between the various areas in your life.

Send Coach NB a picture of your completed wheel of harmony.

Have you ever felt that your life is off kilter? You are not alone. Harmony in life – relationships, career, health, spirituality, finances, and beyond – is hard to achieve and seemingly impossible to maintain. Part of the problem is that while we are seeking to balance the various areas of our life, when instead we should be aiming to harmonize them.

Good harmony means that we can spotlight certain parts of our life while others are still present in the background. There are times when we “hustle” in one area of our life at the expense of other areas because there are urgent or time-sensitive needs to tend to – at these times our life may seem out of balance but can still be harmonious.

Part 1 of this month’s reflection is to identify the various areas of your life (these are the domains that you are trying to balance/harmonize). Some common examples include (but are not limited to) the following: Money & Finances; Career & Work; Health & Wellness; Fun & Recreation; Community / Spirituality; Family & Friends; Partner & Love; Personal Growth & Learning. You can have as many areas as you’d like (typically most people range from 8-12).

Once you have identified the areas, part 2 involves asking yourself “how much time/energy will I be investing in this area over the next month?” Be honest. To achieve true harmony you have to know when some areas of your life will demand more of your resources automatically and which ones you will have to make an effort to prioritize.

The final part of the activity consists of reflecting (then selecting) 1 activity for each area of your life to which you will commit this month. Ex: if you have a big tournament coming up, then that will likely already be taking up a lot of your time, you do not need to worry about making "career and work" a priority, but you can set aside some time to plan a date night with your significant other, or make sure to grab coffee with a friend once this month. No matter what activity you select, make sure it can be performed with the time/energy you have allotted to that area of your life for the month.

