

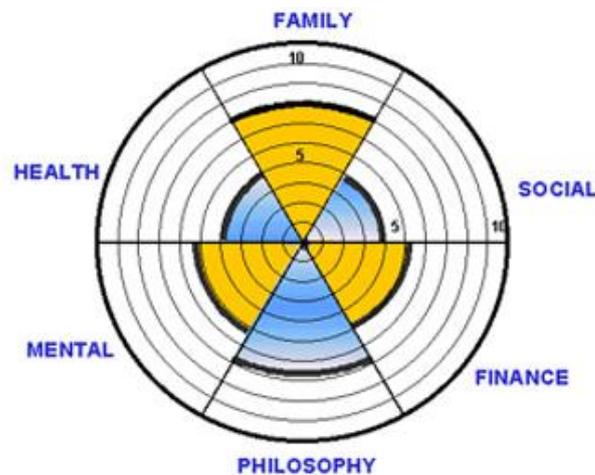
ATN Business Sense
August 2011

Barry Jenner is a Management Consultant and Chartered Accountant specialising in improving the profitability of road transport and associated businesses.

Some people lose sight of the key elements in their lives. They often put too much effort into one or two aspects to the detriment of others. Life Balance is important to everyone but unfortunately many people have never heard of the concept. Middle-aged business executives often know immediately that life balance is an issue for them. Relationships at home are a problem, fitness is reducing, and stress is increasing. Learning about Life Balance can help address issues. Mindshop uses the measurement categories of Social, Family, Finance, Health, Philosophy and Mental.

An easy way to measure life balance is by drawing a circle and dissecting it into six segments as illustrated. You can then ask how well you are performing in each area. For health, ask the question, "How satisfied are you with your health?" What score would you give it out of ten 10, where 0 is poor and ten is good? Just go with your first thought. Remember you are aiming for balance, not a perfect 10. A point to remember with finance is that, most people spend then save what is left over. It's better to save then spend what is left over.

Typical scores are Social – 3/10, Family – 5/10, Health – 7/10, Finance – 2/10, Mental – 2/10, Philosophy 3/10.



Questions might be: Family – Do you provide high value to all family members? Social - How much time do you have for relaxation? Finance - Do you pay your bills on time? Are you financially secure? Mental – What personal development activities are you undertaking? Philosophy – Have you got a set of core values? Health – How much exercise are you doing? Are you drinking too much?

Once your scores are determined, draw an arc on the segment where 0 is the centre of the circle and 10 is the outer rim. Shade in the scored areas. The resulting shape is your wheel of life. Then, draw in your ideal score on each wheel segment and ask what you would need to do to get your life into balance.

Finally, develop action plans to improve the score in the key segments. For social you might decide on monthly dinner parties and widen your circle of friends. With family it could be to plan monthly events and to schedule one on one time. With health it could be reduce weight through exercise and eat only (or even mainly) healthy food. For mental it might be to read a book a month and complete a business course. For philosophy, it could be to read Emerson's essays and establish core values.

"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and to endure the betrayal of false friends. To appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know that even one life has breathed easier because you have lived. This is to have succeeded." — [Ralph Waldo Emerson](#)

Barry Jenner www.msiconsulting.com.au is a profit and business improvement specialist. Email: bjenner@mindshop.com.au or phone 0418 821 183 any time.