



Resilience Balance

This is a quick exercise to see how balanced your resilience is at the moment.

With the center as 0 (completely dissatisfied) and the outer edge as 10 (completely satisfied), rate each area of your life on a scale of 0-10. Place a dot in the piece of pie relative to your score.



Now, draw a line from dot to dot to represent your ride. If this was the wheel on a bicycle, how "smooth" would your ride be?

If you were to choose just one of these areas to start making changes, which would it be?

- What would you need to do to make it a 9-10?
- How would life be different for you if you had this?
- What would you do differently if there were nothing stopping you?
- What's holding you back?

[Schedule a free chat](#) with Lee to discover steps to bring your resilient life into balance!