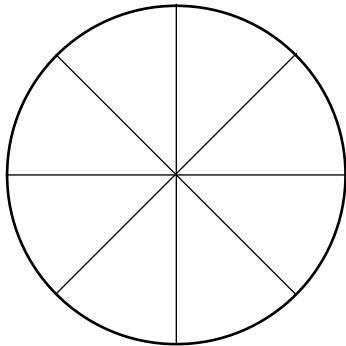


- household PA (organiser, chauffeur, holiday booker, gift buyer)
- photographer/singer/artist
- volunteer/fund-raiser/community rep/worshipper
- runner/footballer/swimmer/cyclist?

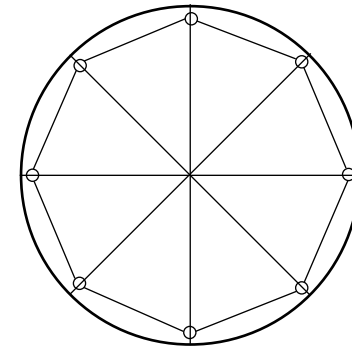
Step 2: draw your pie or wheel

- Now choose eight of these roles: include the ones you are committed to currently – like wife/husband, parent, worker – plus at least two that represent the things you enjoy most or want to do.
- Draw a circle and then divide it into eight like this: (or use the download available on the website)



- Write each role outside the circle, where each line meets the outside edge. Now place a dot on each straight line depending on how well you feel you're playing that role. If it's going perfectly, place the dot right on the outer edge. If you feel you're neglecting it, or unable to spend enough time on it, place the dot nearer the centre (see my example to make it clearer).

- Now draw a line linking each of the dots.



Step 3: how does your pie or wheel look?

- Look at your pie or wheel. In an ideal world, it would look like this – just like the London Eye or a very neat open-topped pie.
- Chances are, it won't look anything like that. But it will help you see how you might change the way you slice up your life.

As an example, this is how my wheel/pie looks right now:

