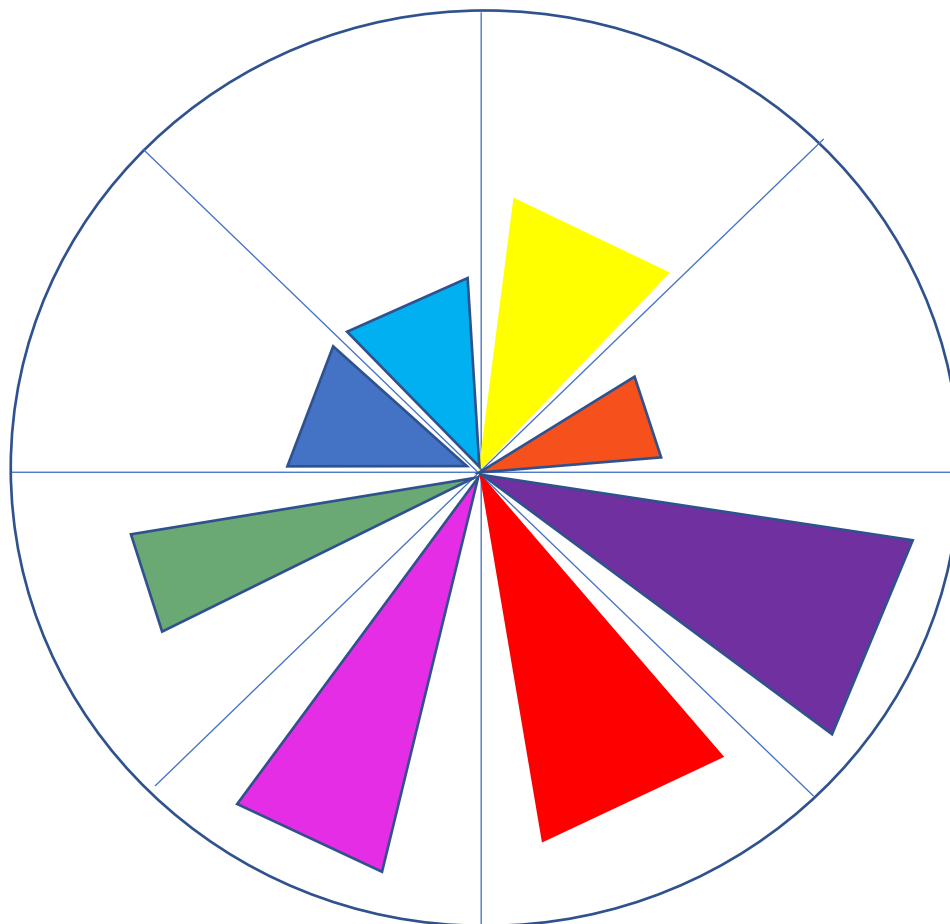


# Redigm Parent Wheel

## Self-Coaching Tool



- Spirituality
- Children
- Romance
- Physical Health
- Social Life & Friends
- Family
- Career & Finances
- Emotional Health/ Personal Growth

This tool is a highly effective- and quick method to re-assess balance in your life.

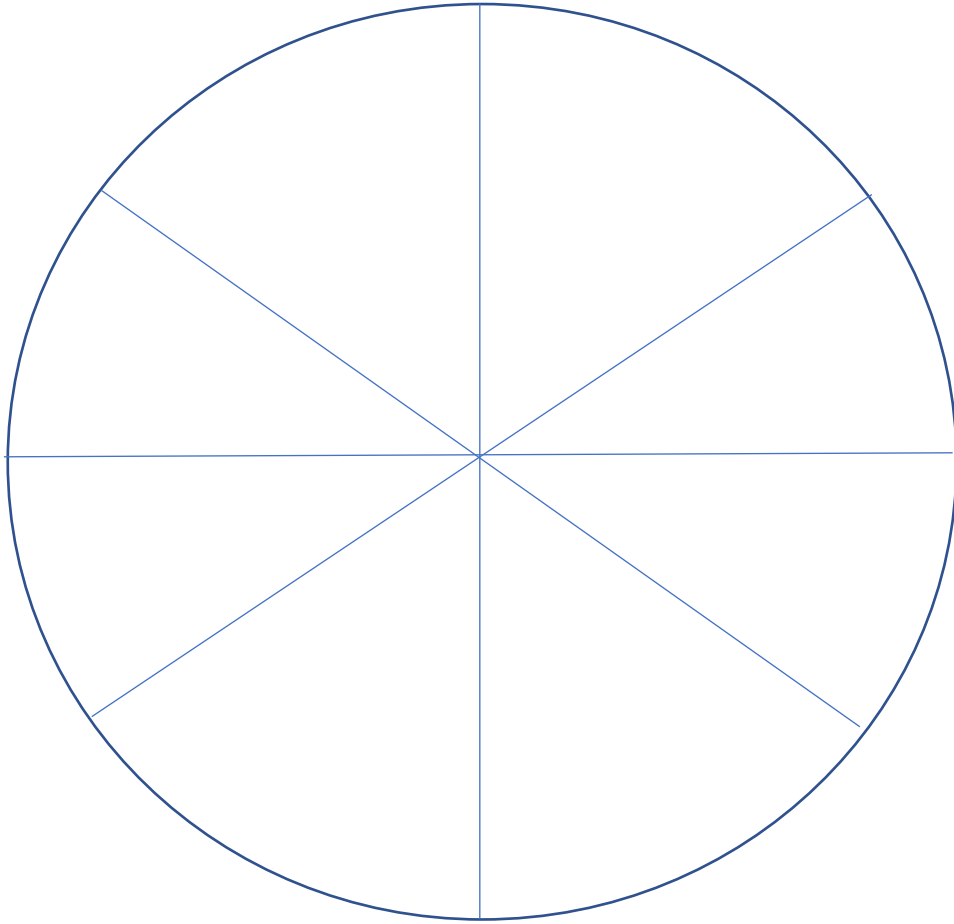
Parents often battle with prioritising and finding a balance in all of life's elements simply **because looking after children is a very sacrificial experience,**

**BUT so many people choose to become parents because the significant reward of having children outweighs any of these sacrifices in your parenting journey.**

Life is an organic process and in certain seasons we will experience balance and in others it will seem as if the concept does not even exist.

The only important thing you must remember is that your life can stay healthy if you consistently re-evaluate and move forward. **We do not want our kids to give up, so neither should we.**

**COMPLETE THIS QUICK 15min EXERCISE and see how these findings can help you to practice self-care and be a wonderful parent to your child.**



1. In the left column, write down how you prioritise the life elements mentioned on the previous page. No. 1 would be particularly important to you & no. 8 your last priority.
2. In the right column, rate each of these elements from 1-10 (1 = neglect & bad state; 10 = wonderful state & enjoys conscious attention)

Prioritizing	Rating

3. Now draw the elements into your wheel according to the numbers.
4. Look at the wheel, and show which elements' ratings you want to change, draw it into the wheel.
5. Write down some simple strategies which you would like to implement to adjust those elements. Keep it easy to implement, even if you must work in stages of change (First easier changes moving up to more challenging ones).

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**Thank you for using this tool!**  
**I hope it will help you move forward and improve your life balance together with your parenting.**

For more coaching with Johanni visit [www.johannimeiring.com](http://www.johannimeiring.com)