



together making your good practices great

Balance Wheels

This exercise is about the balance in your practice. For each segment, ask yourself, “How satisfied am I in this area of my practice right now?” The centre of each segment represents 0 and the outer edge 10 give each segment a number from zero to ten and indicating that by creating a new outer.

Examples the range of evaluations you may choose to use.

0	Failure	Ignorant
1	Unacceptable	Beginner
2	Incompetent	Novices
3	Ineffective	Apprentice
4	Inadequate	Probationer
5	Complacent	Intern
6	Satisfactory	Experienced
7	Competent	Practiced
8	Commendable	Proficient
9	High quality	Specialist
10	Excellent	Master

Notice two distinctions in the questions.

“**How satisfied am I...**” This is a subjective assessment. It is not about how your family colleagues or friends see you; it is not about success; it is about personal satisfaction.

Also notice “**right now**”. This wheel is a snapshot. Scores will change weekly, daily – even hourly as circumstances change. Do not look for ultimate truth; just check in with how you feel in this moment

Consider:

- What do you notice?
- If your wheel were the wheel of a bicycle, how comfortable is the ride?
- If this an accurate metaphor for how you currently experience your life / business?
- If you were to make changes in 3 areas, which three would have the most significant impact in improving your situation?

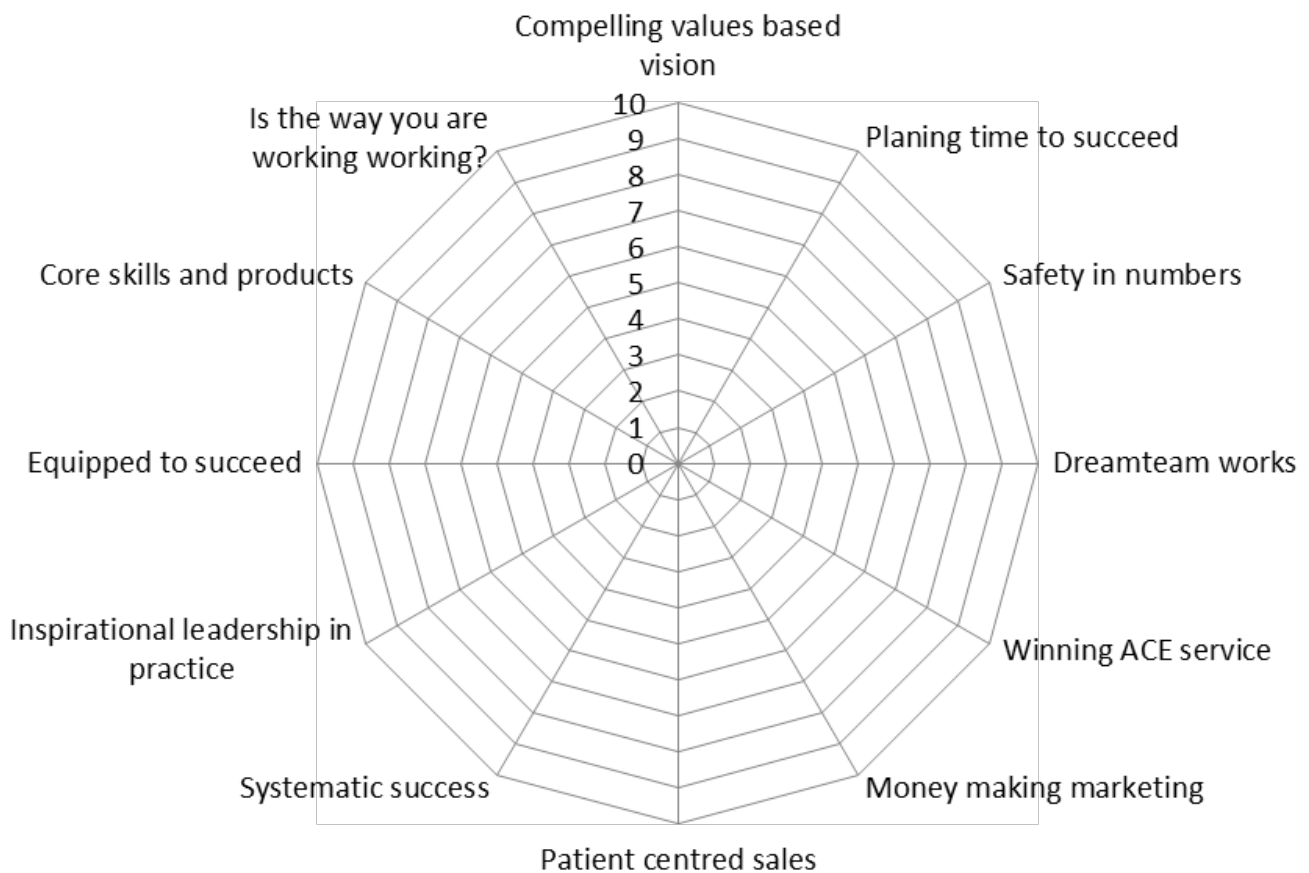
2 Hall Cottages, Grendon Underwood, Aylesbury Bucks, HP18 0SZ
E:jane@healthyandwealthy.co.uk Web: www.theinstituteofdentalbusiness.co.uk
www.healthyandwealthy.co.uk

T: 01296 770462 M: 07989757884



together making your good practices great

Dental Practice Balance Wheel



2 Hall Cottages, Grendon Underwood, Aylesbury Bucks, HP18 0SZ
E:jane@healthyandwealthy.co.uk Web: www.theinstituteofdentalbusiness.co.uk
www.healthyandwealthy.co.uk

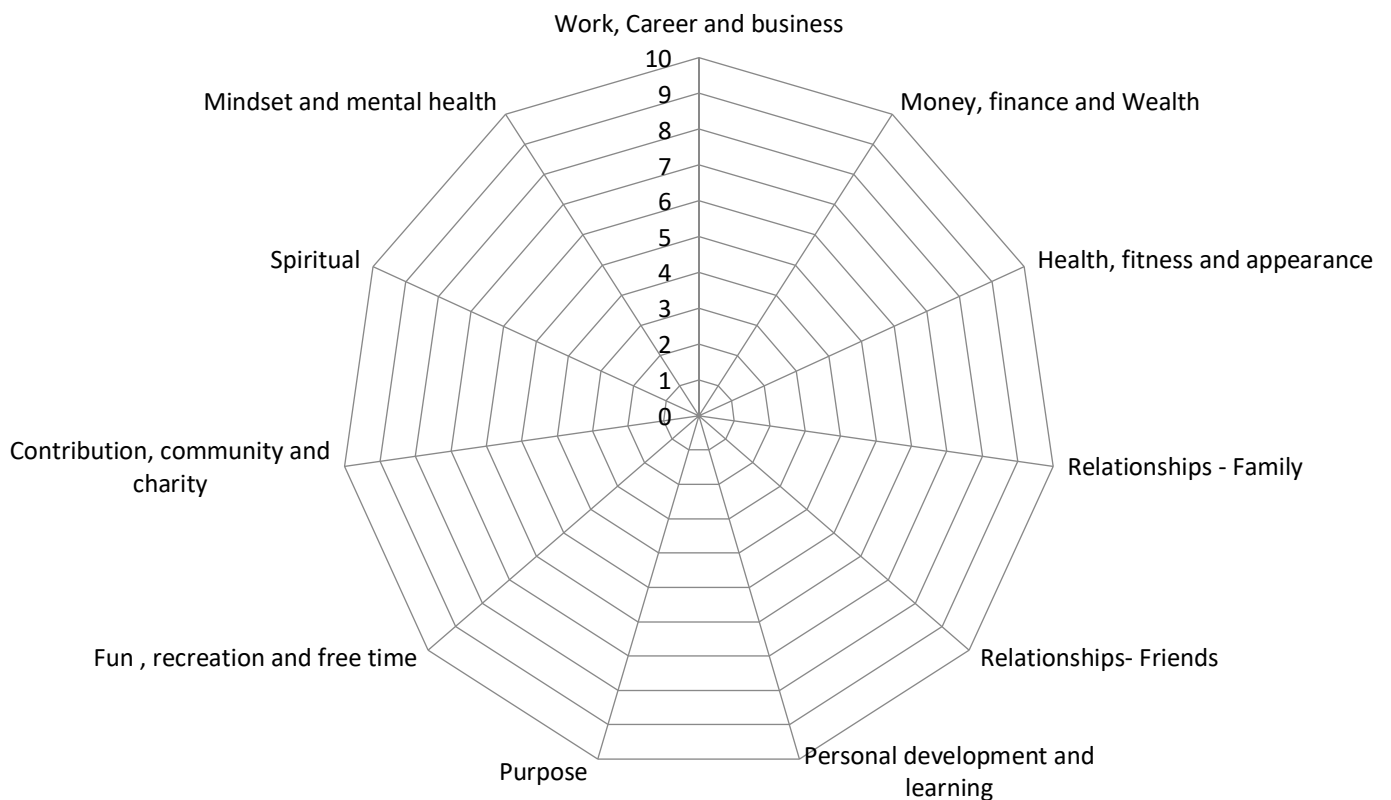
T: 01296 770462 M: 07989757884

Registered in England and Wales: Healthy and Wealthy Ltd Company No: 6269885 (Companies House, Cardiff, 5th June 2007)
Registered Office: Unit 9D/Upper Wingbury Courtyard Business Centre Leighton Road Aylesbury HP22 4LW



together making your good practices great

Personal Balance Wheel



2 Hall Cottages, Grendon Underwood, Aylesbury Bucks, HP18 0SZ
E:jane@healthyandwealthy.co.uk Web: www.theinstituteofdentalbusiness.co.uk
www.healthyandwealthy.co.uk

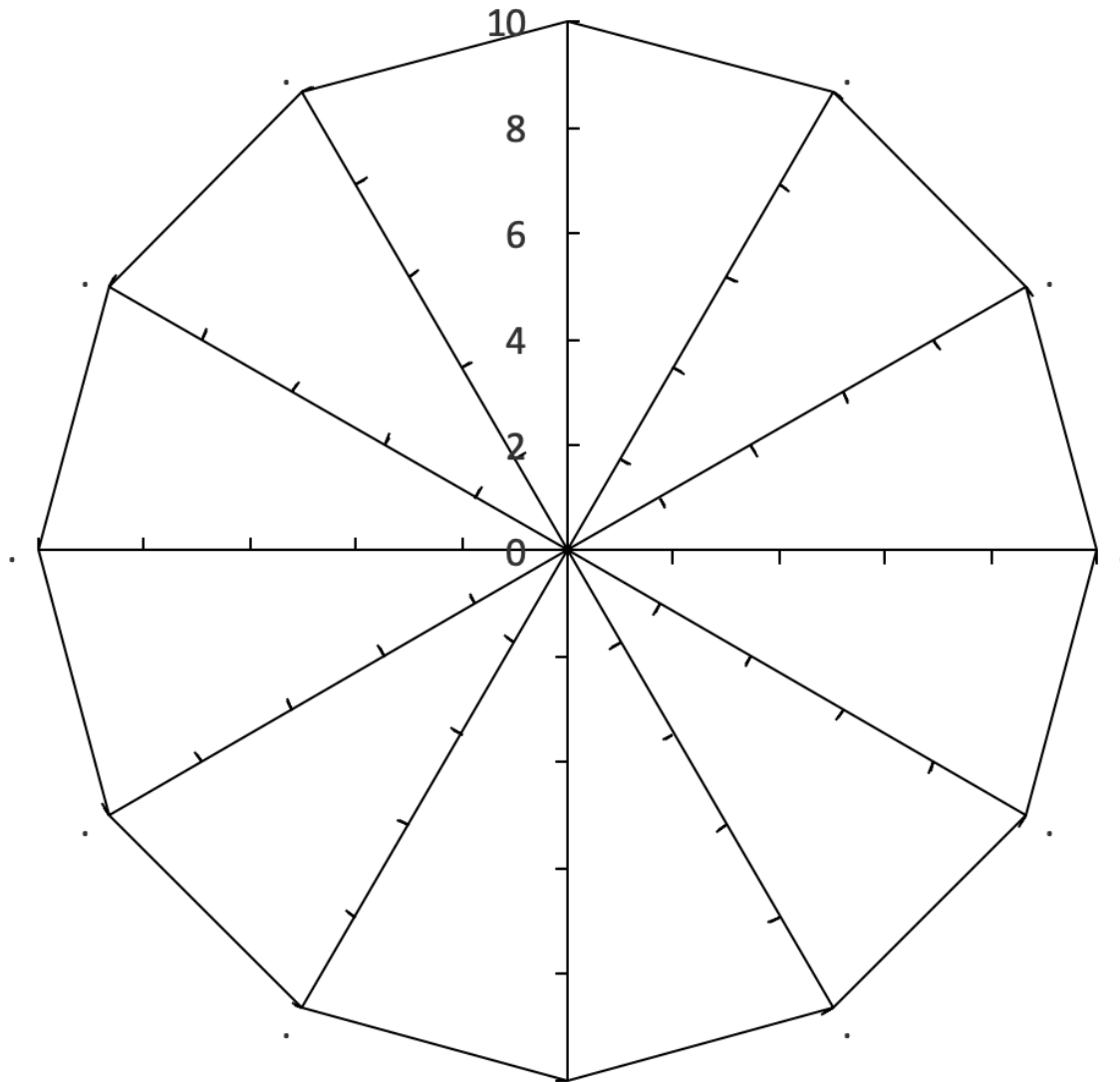
T: 01296 770462 M: 07989757884

Registered in England and Wales: Healthy and Wealthy Ltd Company No: 6269885 (Companies House, Cardiff, 5th June 2007)
Registered Office: Unit 9D/Upper Wingbury Courtyard Business Centre Leighton Road Aylesbury HP22 4LW



together making your good practices great

Choose your own labels



2 Hall Cottages, Grendon Underwood, Aylesbury Bucks, HP18 0SZ
E:jane@healthyandwealthy.co.uk Web: www.theinstituteofdentalbusiness.co.uk
www.healthyandwealthy.co.uk
T: 01296 770462 M: 07989757884

Registered in England and Wales: Healthy and Wealthy Ltd Company No: 6269885 (Companies House, Cardiff, 5th June 2007)
Registered Office: Unit 9D/Upper Wingbury Courtyard Business Centre Leighton Road Aylesbury HP22 4LW