



B.C. Principals' & Vice-Principals' Association

MEMBER UPDATE

ReFresh

May 25, 2022



This week...

Does your Work/Life Blend Need a Tune Up?

We all strive for a work/life blend that works specifically for our own unique lifestyle and values. That doesn't mean we always attain it, but it can be an effort in progress. One way to keep a regular perspective on our life blending is to imagine that your life is like a wheel with five or six spokes. A wheel keeps moving if *one* of the spokes is broken or missing, but if *multiple* spokes are not working, the wheel will collapse.

One spoke could be our relationships, and other spokes could be our health, spirituality, work, hobbies – the list could be endless if you have enough time to tend to them all. That is the trick: dedicating time and attention.

The Bike Spoke Analogy

[How to do a Life Pie](#) is a great short video (less than 2 min) that describes a quick visual way to actively manage your spokes!

Start by defining each of your personal life values as a spoke on a wheel. You can define your own or, to get started, you may wish to use the six spokes as defined by Darius Foroux, author of the book: ***Six Spoke Theory: Strategy for an Optimal Life***. Those are:

1. **Body:** The condition of your body, including your diet, stamina, strength, and recovery.
2. **Mind:** Your ability to focus, rest, and acquire knowledge.
3. **Love:** Your relationship with family, friends, kids, and intimate partner.
4. **Work:** How much inner satisfaction and how many financial rewards you receive from your career.
5. **Money:** What you do with the money you *have*.
6. **Play:** How well you're able to entertain yourself.

We maintain a fulfilling life by regularly checking in and assessing how much time and attention we give each of our spokes. The more energy we give to a value, the stronger and **longer** the spoke gets. Similarly, the less effort we give to one, the **shorter** it becomes. When one spoke is shorter than the others, what happens to your wheel?

It wobbles.

When some of the spokes are not getting enough attention, our wheel is off-balance and when our wheel doesn't roll right, *we wobble*.

With a functional wheel where spokes are given the time and attention needed, you'll move forward *smoothly*.

We can't say that our work is more important than our body. If we neglect taking care of our body, our work will suffer eventually. It is the same for any of your values; if you neglect one area of your life, you will somehow feel the repercussions in the long-term. If you have a spoke that is short and weak, you can continue cycling – but it is risky.

The same idea works for this spokes analogy. Let's say you temporarily neglect your 'Mind Spoke' and don't take time to rest and alleviate stress. You'll be fine for a while, but if you

keep neglecting your mind for a long time, life will serve you the bill in the form of exhaustion, reduced cognitive function, and negative mood.

The biggest challenge with living a fulfilling life is how much time you spend on all the areas of life. Conventional thinking says, “I need to allocate my time to everything equally.” That type of thinking causes frustration and inner conflict because it’s impossible.

All spokes are *equally* important. By its nature, work eats up the majority of our time, but it would be foolish to say that work is more important than love. One way to think about blending is that you want to spend the same amount of *energy* on every area.

Imagine you have 6 blocks of energy that you need to spend during the 18 hours you’re awake. But let’s say you need to work for 8 hours. You’ll need to be careful with how you spend your energy during those 8 hours. Just like biking, you can’t go full throttle for your whole ride! The idea is that you can go on for much longer if you train at 70% – 80% of your max heart rate instead.

Most of us consume energy that’s meant for another area in life. When you use more energy for work, you might have no energy to spend on strengthening your body or personal relationships. That’s why we need to focus on how much energy we spend on every area.

Daily Examples and Check-in

The spoke analogy is all about smart energy consumption; this theory does not work when you waste energy on negativity. One must be self-reflective and thoughtful about how they use their time and energy. Here are some examples:

Love

When spending time with the people you love, give them your full attention and support; treat your important personal relationships with kindness and care.

Play

How do you like to have fun? Do you enjoy watching comedy and/or reading books? What hobbies do you enjoy? You may do these things for only 30 minutes a day – but do not focus on the time, but more on the feeling and the impact it has on you.

This spoke analogy provides a simple way to check in with what matters most in our lives, on a regular basis. Wake up each morning or close your day doing a quick run-through of *your* spokes. We can all wobble when we are not mindful of our time and energy allotment.

To recap:

- First, what are the values or aspects of your life that are most important to you and your overall happiness?
- Second, how much energy are you giving to each every day?
- Lastly, can you improve the blend to make sure your spokes are even, and your bike is rolling smooth and steady?

The more aware we are, the quicker our reaction time to adjust becomes when we feel off-balance. Stay compassionate with yourself, as we're all just a work in progress, but *keep growing*. That's the best way to continue to evolve a fulfilling life.

So: what are your spokes?

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized, flowing script.

Rochelle Morandini

Director of Member Health and Well-Being

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.

Sources

Darius Foroux | [Six Spokes Theory: Strategy For An Optimal Life](#)

Linkedin | [What are your life spokes? Are they balanced?](#)