

WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.

The diagram is a circular 'Wheel of Life' worksheet. It is divided into eight equal segments, each representing a different area of life. The segments are labeled as follows, starting from the top and moving clockwise: **PERSONAL GROWTH** (purple), **HEALTH** (orange), **FRIENDS** (light green), **RELATIONSHIPS** (red), **RECREATION** (pink), **SPIRITUALITY** (yellow), **CAREER** (blue), and **FINANCE** (green). Each segment is further divided into ten concentric rings, with the rings numbered 1 through 10 from the center outwards. The numbers are placed along the horizontal axis on the right side of the wheel.

