

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' tool. It is divided into 8 equal segments by radial lines. The segments are labeled as follows, starting from the top and moving clockwise: 'HEALTH & WELL-BEING', 'FAMILY & RELATIONSHIPS', 'RELATIONSHIPS', 'FUN & RECREATION', 'SPIRITUALITY', 'CAREER & PURPOSE', 'FINANCIAL STABILITY', and 'PERSONAL GROWTH & LEARNING'. The wheel consists of 10 concentric rings. The innermost ring is labeled with the number '1' at the center, and the outermost ring is labeled with the number '10' at the right edge. The numbers 2 through 9 are placed at regular intervals along the horizontal line that passes through the center of the wheel, indicating the rating scale for each segment.

Reflect on Your Wheel:

- Observe the balance of your wheel. Are there areas where you feel less fulfilled?
- Consider why certain areas may have higher or lower scores and how they impact your overall sense of well-being.

Identify Areas for Growth:

- Choose 1-3 areas where you'd like to improve your fulfillment.
- Write down specific actions you can take to enhance these areas over the next three months.

Growth Area 1:

Action Steps:

Growth Area 2:

Action Steps:

Growth Area 3:

Action Steps:

Setting Your Intentions:

Create a positive intention for each selected area, such as "I will prioritize self-care to improve my health and well-being."

Outcome: Use this assessment to understand where you are thriving and where you can focus on growth, leading to a more balanced and fulfilling life.

ACTION PLAN

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