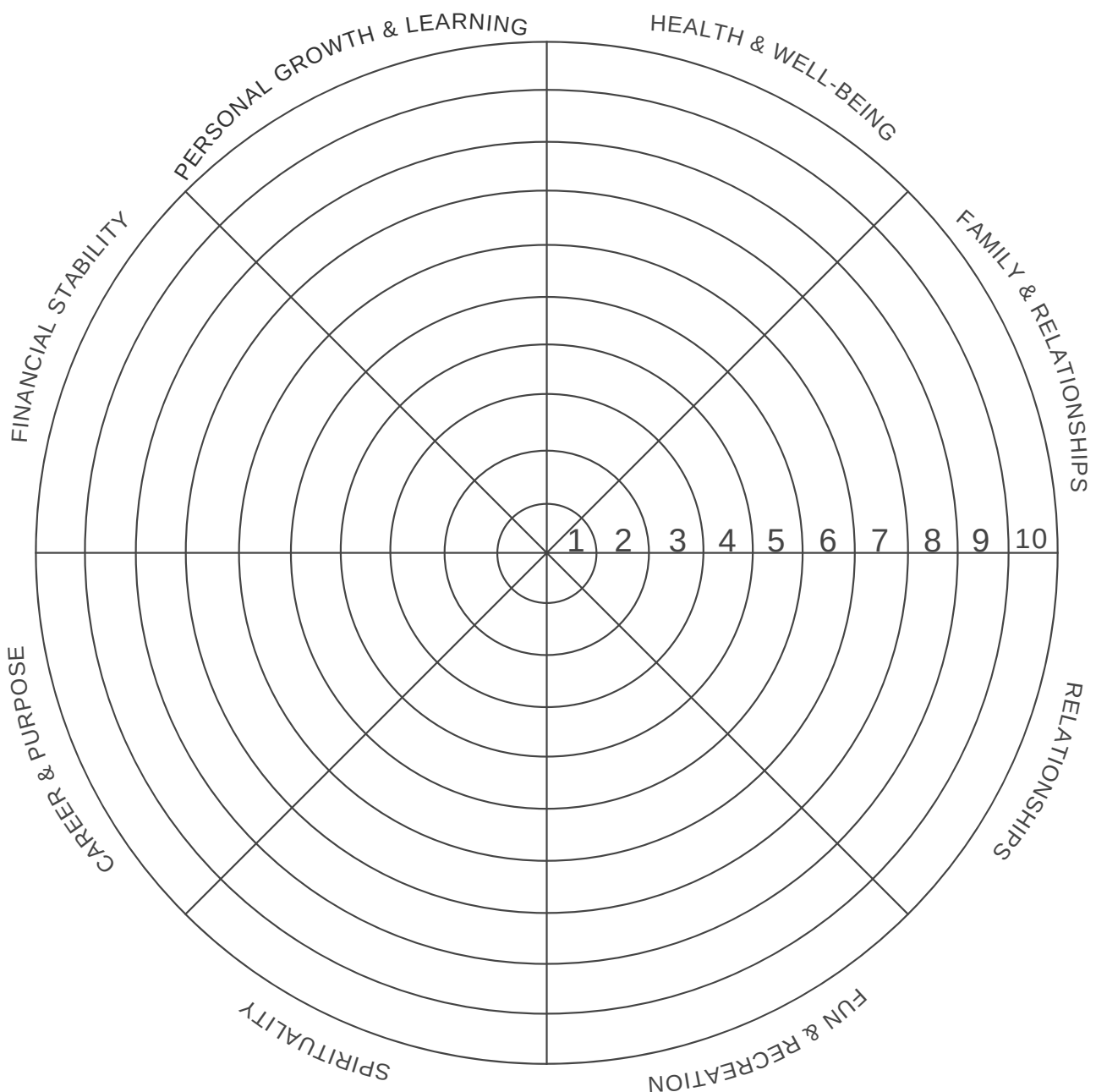


WHEEL OF

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.



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

ACTION PLAN

ACTION PLAN