

# The Life Wheel

Start by creating a list of your current Areas of Focus, placing each one in a section of the wheel. take some time to thoughtfully rate (1-5) each category in terms of how you feel you are doing within that space. For example, you might find that you are doing a great job in personal growth by taking a new pottery class, but you might not be doing a great job budgeting your finances. The below list is not all-inclusive, rather it is designed as a jumping off point to help you determine your primary Areas of Focus in your life. You may add additional categories, and only use ones that are current areas of focus for you.

**Health** – Physical health and well-being

**Mental State** – This includes your mental and emotional well-being

**Recreation** – These are the things you do to be active and enjoy life

**Relationships** – Including your primary intimate relationship, family and friends

**Social** – This can include the activities you do with other people

**Financial** – Your ability to manage your money effectively, save, budget, and invest

**Professional / Business** – This is your work category which can also hold its own wheel

**Personal Growth** – Including your aspirations for personal development and achievements

**Spirituality** – This can be its own category or the driving force behind your areas of focus

