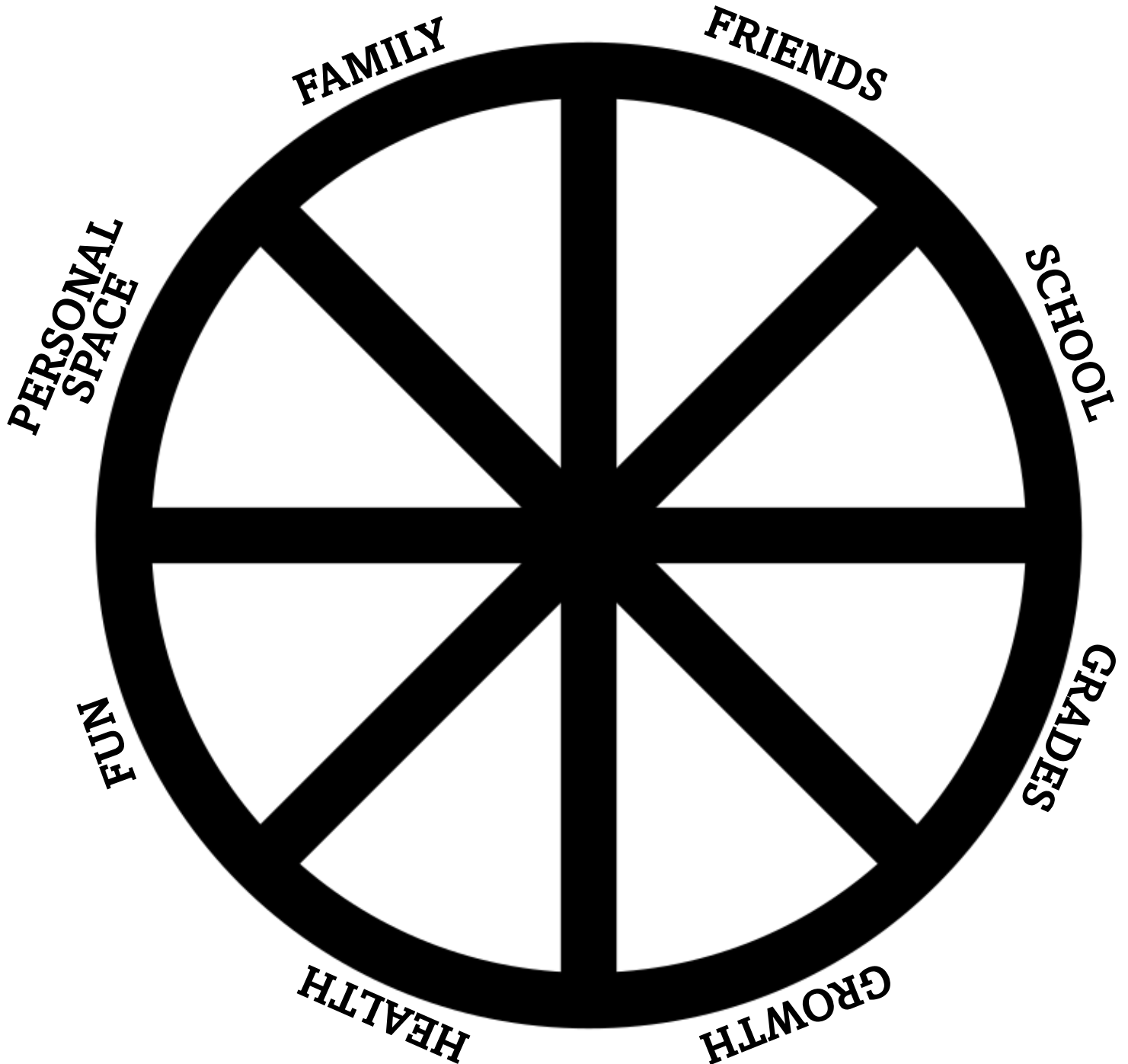


WHEEL OF LIFE *for Teens*

RATE HOW SATISFIED YOU ARE IN EACH OF THESE AREAS
(1 TO 10).



WHEEL OF LIFE *for Teens*

When you are rating your current level of satisfaction in each of these categories, keep the following in mind:

FAMILY

Think about your immediate family. You may need to break this wedge into two (parents and siblings).

FRIENDS

Are you happy with your friends?

SCHOOL

How is your overall experience of being in class, including being with your peers, as well as your teachers.

GRADES

How happy (or not) are you with your grades?

GROWTH

How do you feel you are growing personally and spiritually?

HEALTH

How healthy do you feel? How much do you exercise? How is your diet?

FUN

How much fun are you having? Do you have creative / recreational outlets?

PERSONAL SPACE

Do you have privacy? How clean or messy is your room? How happy are you with it?

WHEEL OF LIFE *for Teens*

- ONCE YOU HAVE COMPLETED RATING YOURSELF, THEN CHOOSE THE ONE AREA IN THAT MOMENT THAT SEEMS LIKE A PRIORITY.
- WITH THE AREA THAT YOU HAVE CHOSEN TO WORK ON; SIMPLY DO ONE SMALL THING THAT MAY CREATE A SHIFT FOR YOU. REFER TO THE “WHEEL OF CHOICE” BELOW. DON’T GET HUNG UP ON TRYING TO CHANGE EVERYTHING AT ONCE.
- OBSERVE THE OTHER AREAS OF THE PIE THAT ARE WORKING FOR YOU. KEEP YOUR STRESS IN PERSPECTIVE AND KNOW THAT THERE ARE PARTS OF YOUR LIFE THAT ARE NOT AS OVERWHELMING.

The Wheel of Choice

