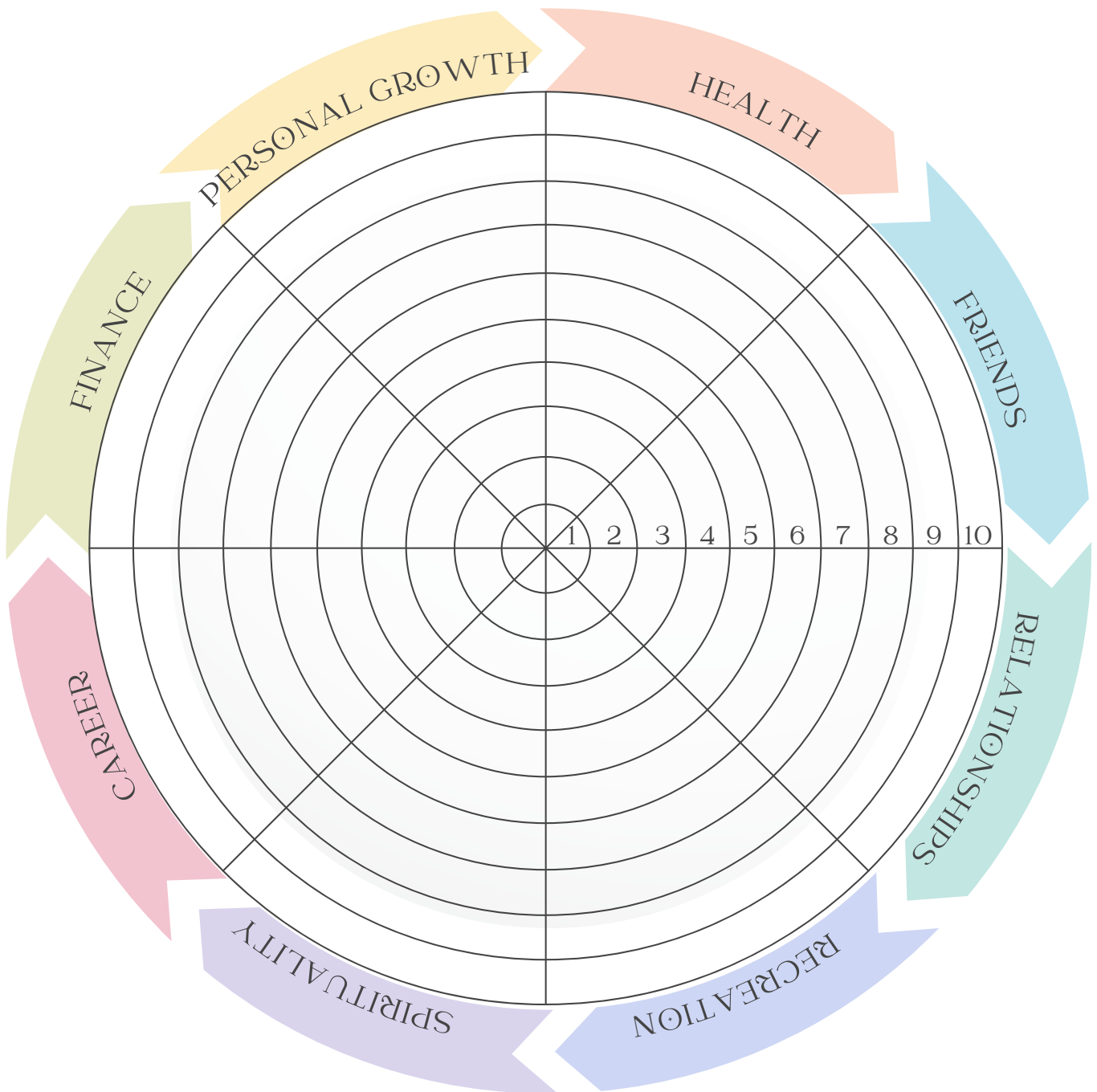




# WHEEL OF LIFE

THE WHEEL OF LIFE HELPS YOU UNDERSTAND AREAS IN YOUR LIFE THAT YOU CAN CREATE MORE HARMONY AROUND. REFLECT ON THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.





# WHEEL OF LIFE

WHEN YOU ARE RATING EACH CATEGORY, THINK OF ALL THE THINGS THAT CAN ENCOMPASS EACH AREA OF YOUR LIFE. REFLECT UPON THE THINGS THAT YOU ARE SATISFIED WITH AS WELL AS THE THINGS YOU WISH TO INCORPORATE CHANGE. HERE ARE A FEW EXAMPLES:

## PERSONAL GROWTH

- Awareness of feelings and physical body
- Self development
- Skills development
- Achievement of personal goals

## HEALTH

- energy level
- appearance
- eating habits
- regular well visits to doctor
- exercise, self care time

## FINANCE

- live within means, follow budget
- manage money well
- pay bills on time
- have a financial plan for retirement

## FRIENDS

- have many friends/close friends
- listening skills/feel heard
- support and feel supported
- no gossip/drama
- comfortable in social situations

## CAREER

- enjoy job/work/business
- feel respected
- understand company's mission, vision and strategic plans
- meet/exceed work/biz goals

## RELATIONSHIPS

- have at least one positive intimate relationship
- regularly show gratitude
- family unit is tight
- spend quality time together

## SPIRITUALITY

- pray/meditate regularly
- strong sense of purpose/mission
- live by spiritual/ethical values
- willing to do what is right even if it requires personal sacrifice

## RECREATION

- Spending free time
- Hobbies
- Entertainment
- Creativity
- Leisure time