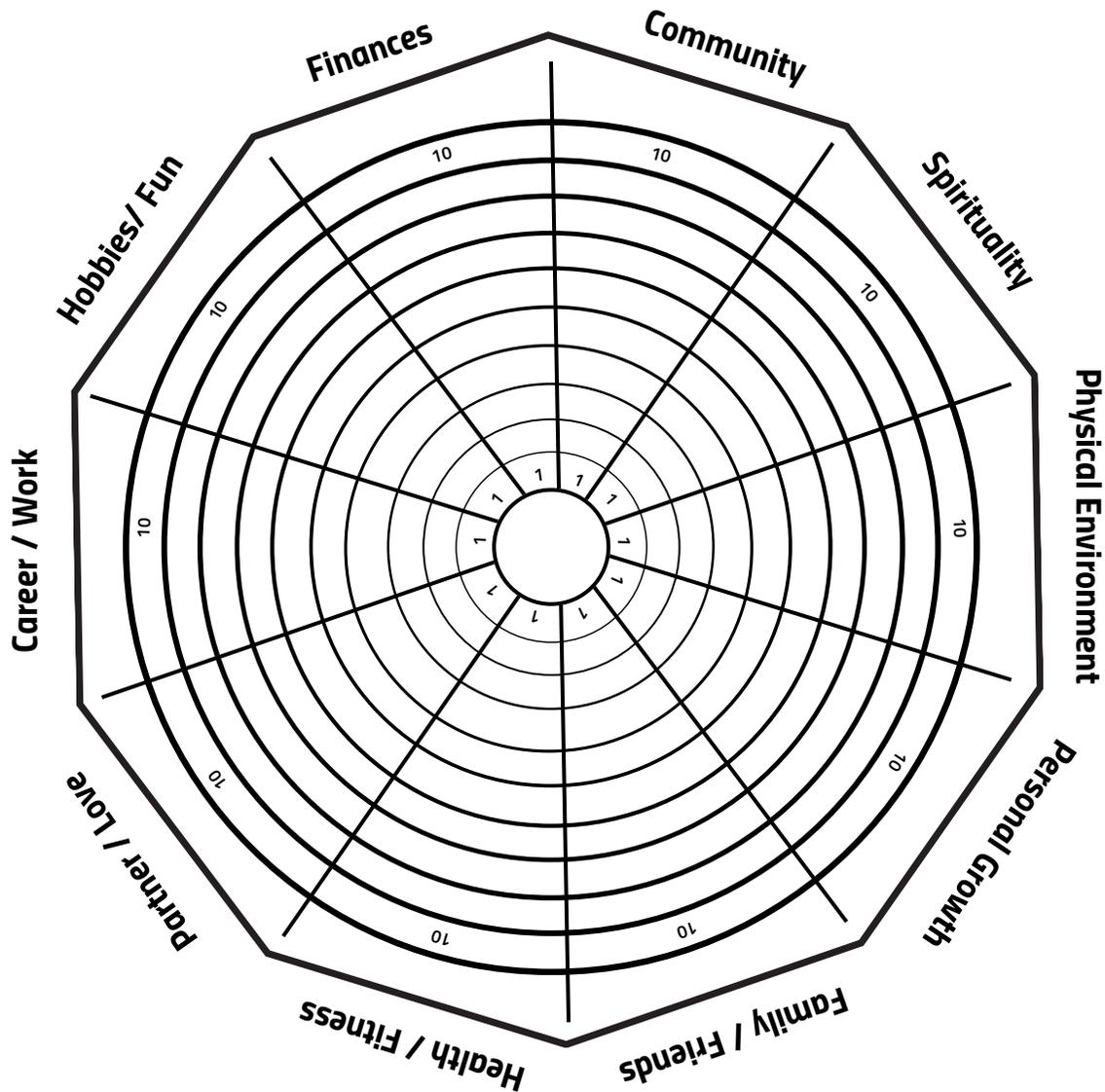


Wheel of Life Activity

Balance is important for a healthy and fulfilling lifestyle. If you find yourself feeling stressed or disconnected, spend some time completing this wheel of life activity. This activity is a nice visual representation of how fulfilled you are in each area of your life. Each category should be ranked on a scale from 1-10 where 1 is completely dissatisfied and disconnected and 10 is completely satisfied and connected. This can be a good start for determining where you feel least balanced in your life and what you should consider tackling first.



Reflection Questions

1. Does your ranking in any category surprise you?
2. How would you like to see your category balance change?
3. What category do you feel needs your attention first?
4. What category would you like to attend to first?
5. What do you need from those around you to work on your goals?
6. What do you need from yourself to work on your goals?
7. How many areas can you tackle right now?
8. What is a small step you can take to improve your balance?

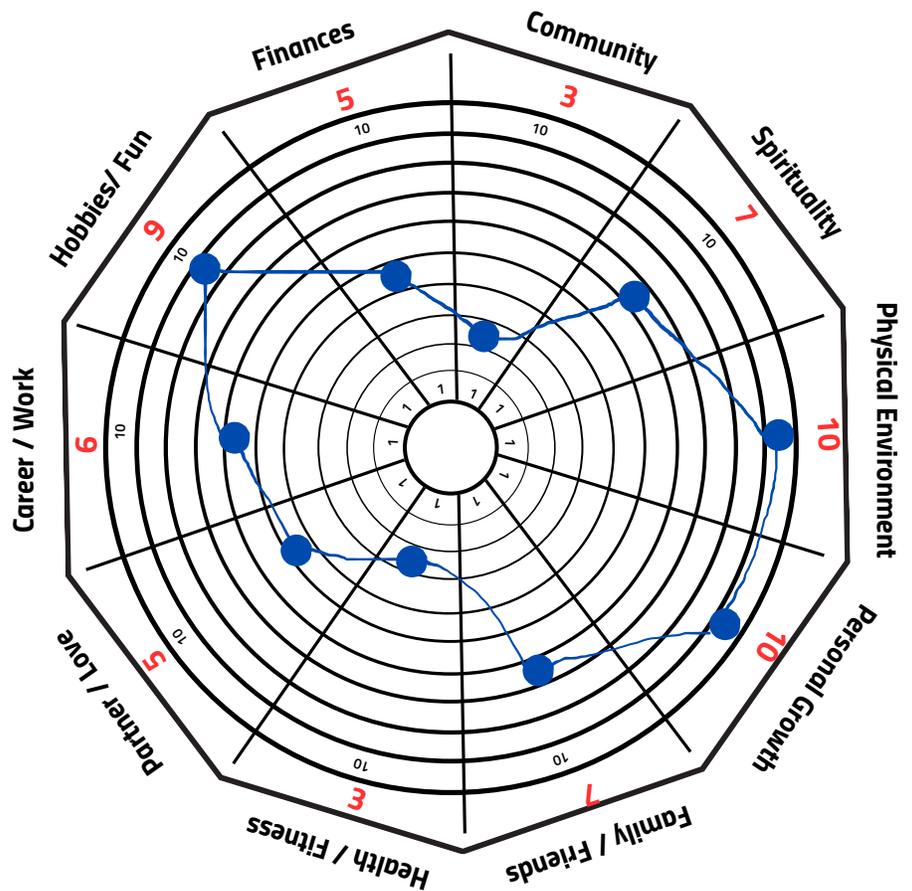
Example Wheel of Life

Below find two styles for completing the wheel of life activity.

Example 1

Before starting, it can be helpful to determine your individual ranking scale and what each number could mean. Place a dot in the space which most represents your satisfaction in each category. Once you have ranked each category, connect the dots to reveal the peaks and valleys in your current life balance. Write the numeric score at the top for easy viewing.

Bonus tip: to track your process, set a timeline for when you'd like to fill out a new wheel. Compare your results to see how far you've come or where you need to make adjustments.



Example 2

Before starting, it can be helpful to determine your individual ranking scale and what each number could mean. Use colorful markers, pens, highlighters, or whatever you like to color in the levels up to the point of your current level of satisfaction and alignment in each category. This is a great option to also take a bit of a creative coloring break! Write the numeric score at the top for easy viewing.

Bonus tip: hang this graphic somewhere where you feel comfortable having it on display but also where you will see it on a regular basis. It can serve as a reminder of your goals and commitments.

