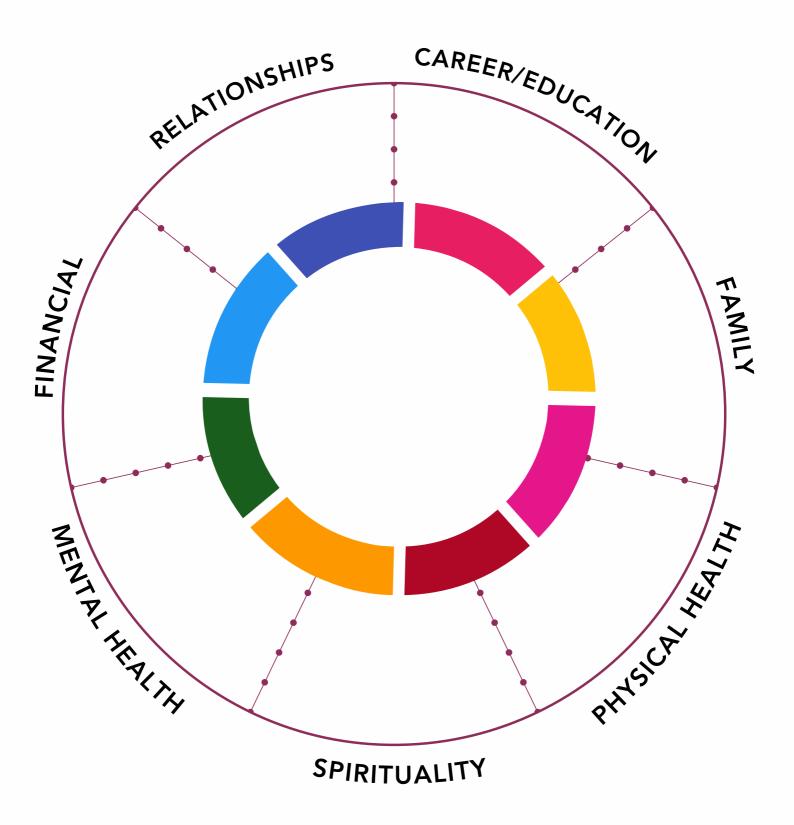
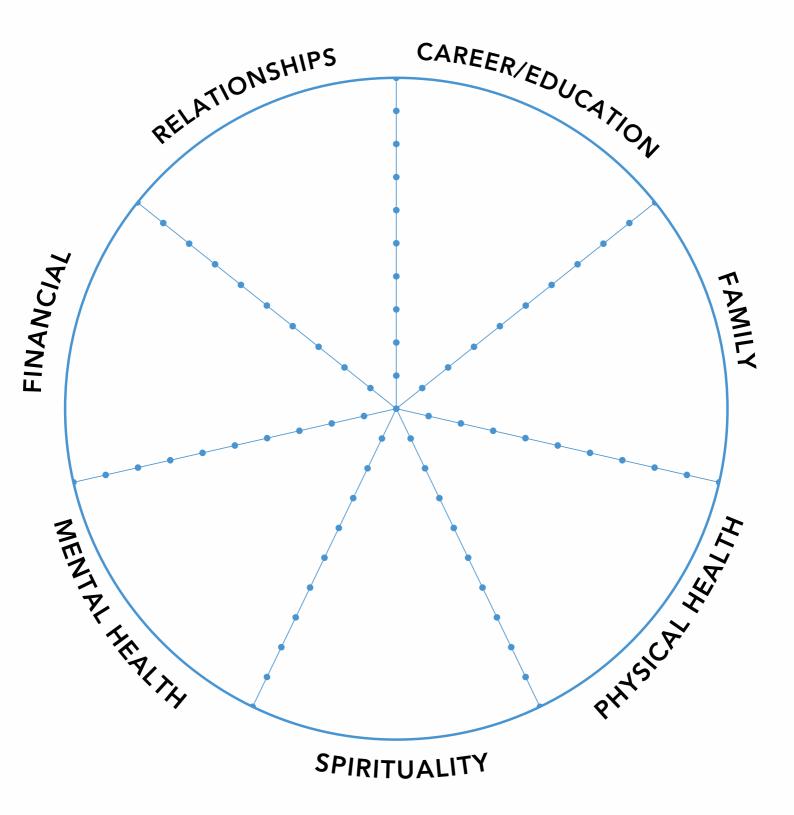
Life Wheel





Life Wheel

Think about how satisfied you are with each category. Give them a rating 1-8. See next page for instructions.



Directions:

Think about the ratings you gave each category. Answer each question on the lines below it. (**Remember** there are no wrong answers! The fact that you are completing this worksheet is a BIG STEP!)

Are you satisfied with the rating you gave each category?		



Is there a category that's sticking out to you more than others? If so, is the rating too high or too low? Does this bother you?		



How do you think you can create more balance in your life? (Making the ratings closer in number)		



What are two reasonable goals that you can create for yourself after doing this exercise?

Idea from Coach Paige: Try making SMART goals

S pecific		
M easurable		
A chievable or Attainable		
R ealistic (my favorite)		
T ime-based		
	:	



	
:	



Any other thoughts on your mind?	
:	
	
·	
	



:	
:	
	
· · · · · · · · · · · · · · · · · · ·	
:	
:	
	



:	
:	
	
· · · · · · · · · · · · · · · · · · ·	
:	
:	
	



You've finished the Life Wheel Exercise..YES!!! (Self high-five)

Now, how do you want to move forward?

Consider processing this by talking to someone, journaling, creating a mind map, or voice recording yourself analyzing your thoughts. You may want to talk with a professional. The beauty of this is that it's completely up to you and you can take all the time you need.

I wish you the best of luck in your future.

Coach Paige

