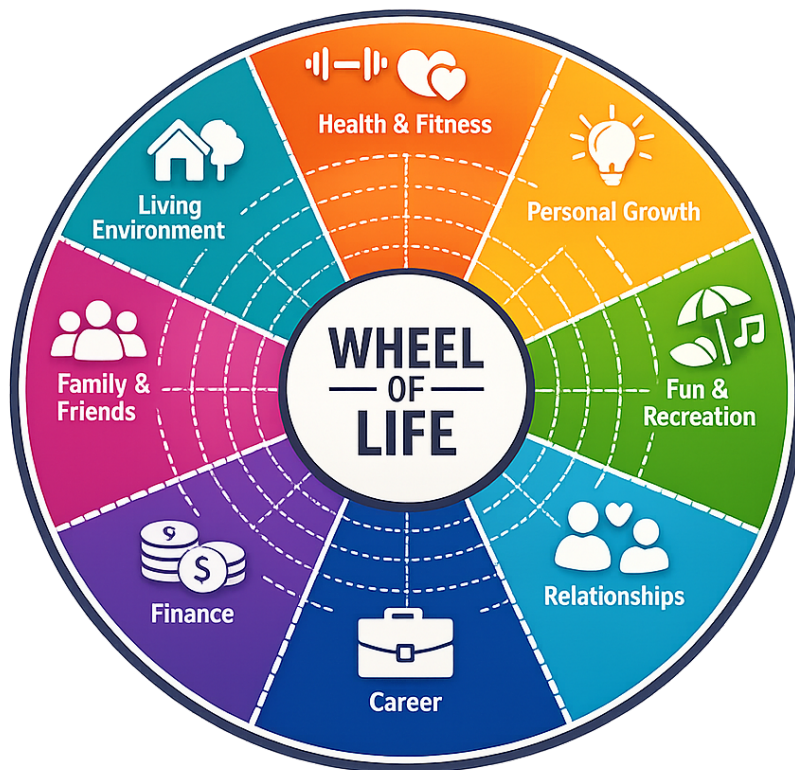


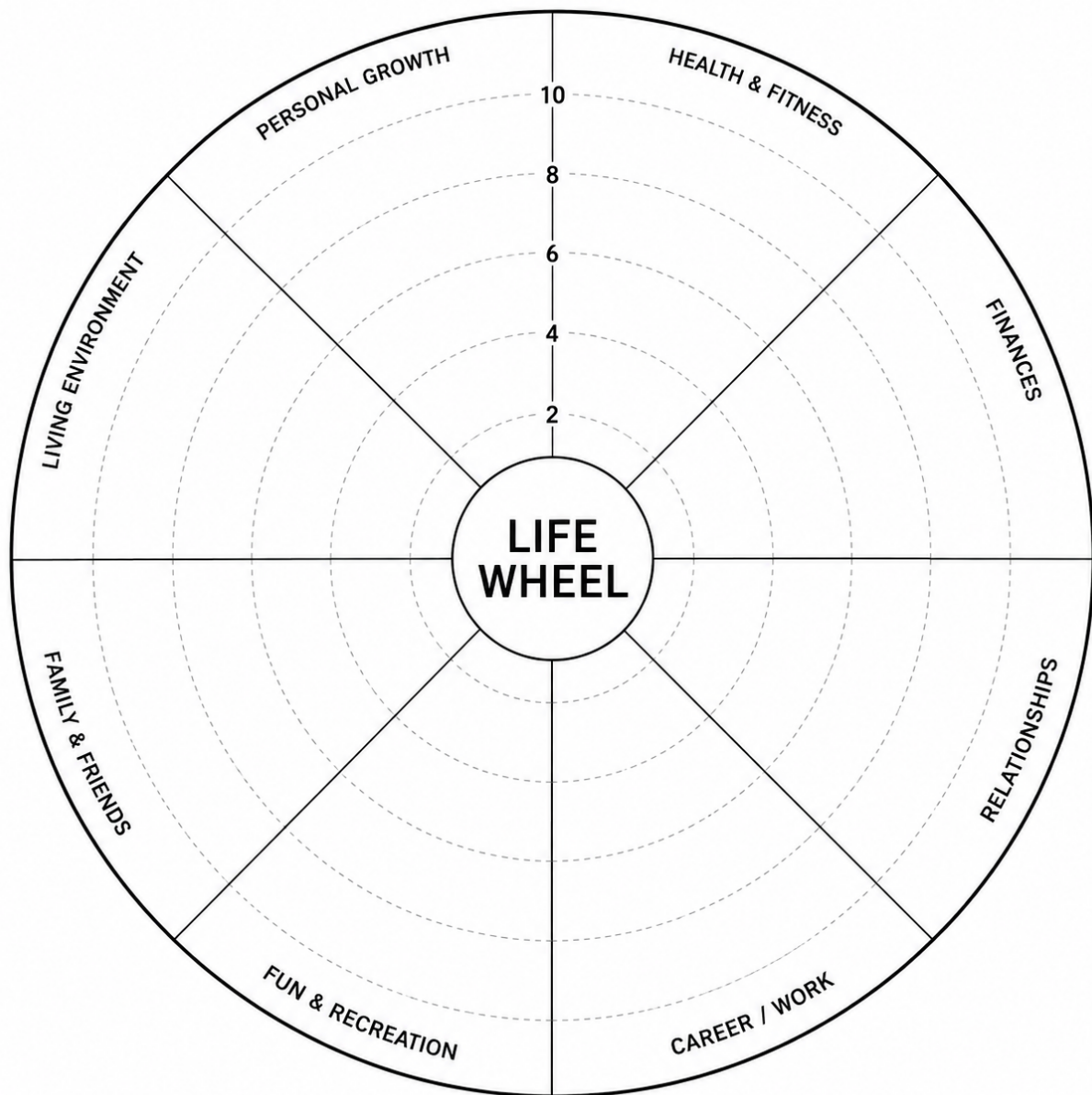
Using a Life Wheel

A life wheel is a simple tool that helps you rate key areas of your life (such as career, health, relationships, and fun) so you can quickly spot imbalances and choose small, realistic goals to improve.

To use it, write the areas you want to assess, rate your current satisfaction in each one (for example, from 1–10), and then look for the lowest scores—those are the places where a few focused actions can make the biggest difference.

Example: If someone rates career 8, health 4, relationships 7, and fun 3, the life wheel shows that health and leisure need more attention, so they might plan more exercise and one weekly hobby activity.





Download and print this wheel to fill in your life balance today. Use this as a monthly tool for reflection.