



The Wheel of Life: A Snapshot of Your Balance

The *Wheel of Life* is a powerful self-awareness tool that gives you a clear visual of how balanced and fulfilled you feel across key areas of your life—such as health, relationships, career, and personal growth.

By rating each area, you can quickly identify what's thriving and what might need more attention. This clarity helps you make more intentional choices, set aligned goals, and focus your energy where it truly matters.

Benefits:

- Increases self-awareness
- Highlights areas needing balance
- Helps you set clear, meaningful priorities
- Encourages reflection and intentional action

Action:

Download and fill in your Wheel of Life Or if you prefer digital or not pad, mark each area 0-10 on the following areas.

- Health
- Personal Growth
- Finance
- Family
- Career
- Relaxation / Wellbeing
- Relationships
- Spirituality

Measurable Results:

This is a fantastic exercise to revisit monthly/quarterly, to really keep track.