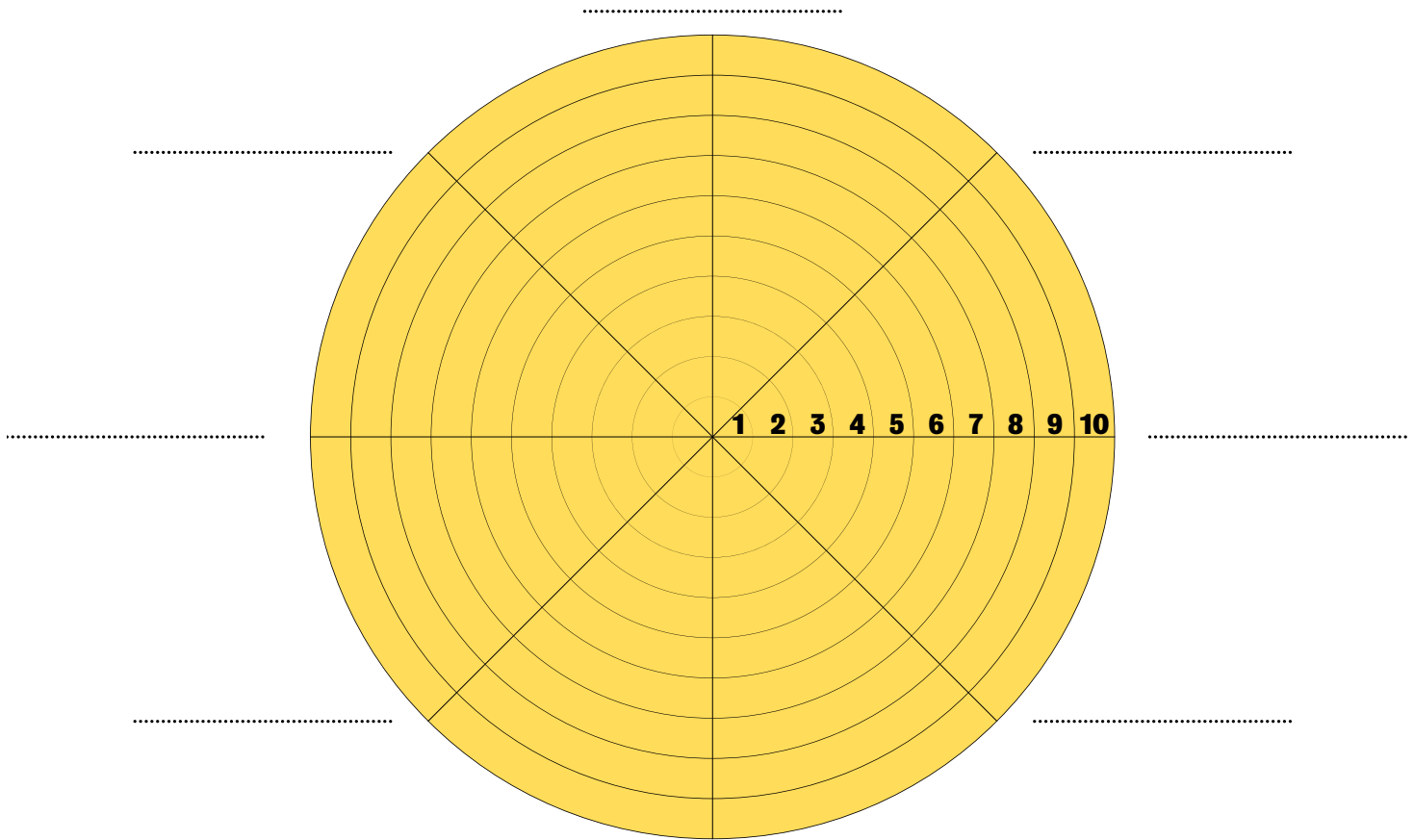


WHEEL OF LIFE WORKSHEET



INSTRUCTIONS: WHEEL OF LIFE

(Adapted from: <https://www.mindtools.com/>)

1. Brainstorm six to eight areas of your life that are important for you and write them on the dotted lines around the wheel.
 - > For example, the roles you play in life (sibling, friend, student, athlete etc.)
 - > For example, the areas in the life that are important to you (school, career, friends, social life, family etc.)
2. Assess the amount of attention you are currently devoting to each area on your wheel, on a scale of 0 (low – center of the wheel) to 10 (high – outer part of the wheel). Place a dot or the number on the line of each dimension that best represents the amount of attention you are currently devoting to that area on the wheel.
3. Now join up the dots around the circle. Does your circle look balanced?
 - > Place a star (*) next to areas of your life that are not taking up much attention. Do you need to increase your balance in this area?
 - > Place an X next to the area(s) of your life that are taking up a lot of attention. Do you need to work on cutting back the attention to this area?