Reflecting upon diverse areas of your life is integral in order to set goals that foster a holistic sense of wellness and success. On the outer edge of the wheel below, assign categories to each section. Then, shade in your rating of satisfaction in those areas on a 10 point scale. 

Note: 0 = Completely dissatisfied; 10 = Completely satisfied

**COMMON CATEGORIES INCLUDE:**

- School / Academics
- Social (relationships with family or friends)
- Emotional / Mental Health
- Physical Health (exercise, eating, sleeping)
- Career / Internships
- Finances
- Leisure / Recreation
- Spirituality
- Organization
- Time Management
- Stress Management
- Concentration
- Intellectual Pursuit

**REFLECTION QUESTIONS:**

1. Does anything about this wheel surprise you?

2. Name one action step you can take this week to improve your satisfaction in one of these areas.