

LIFE WHEEL

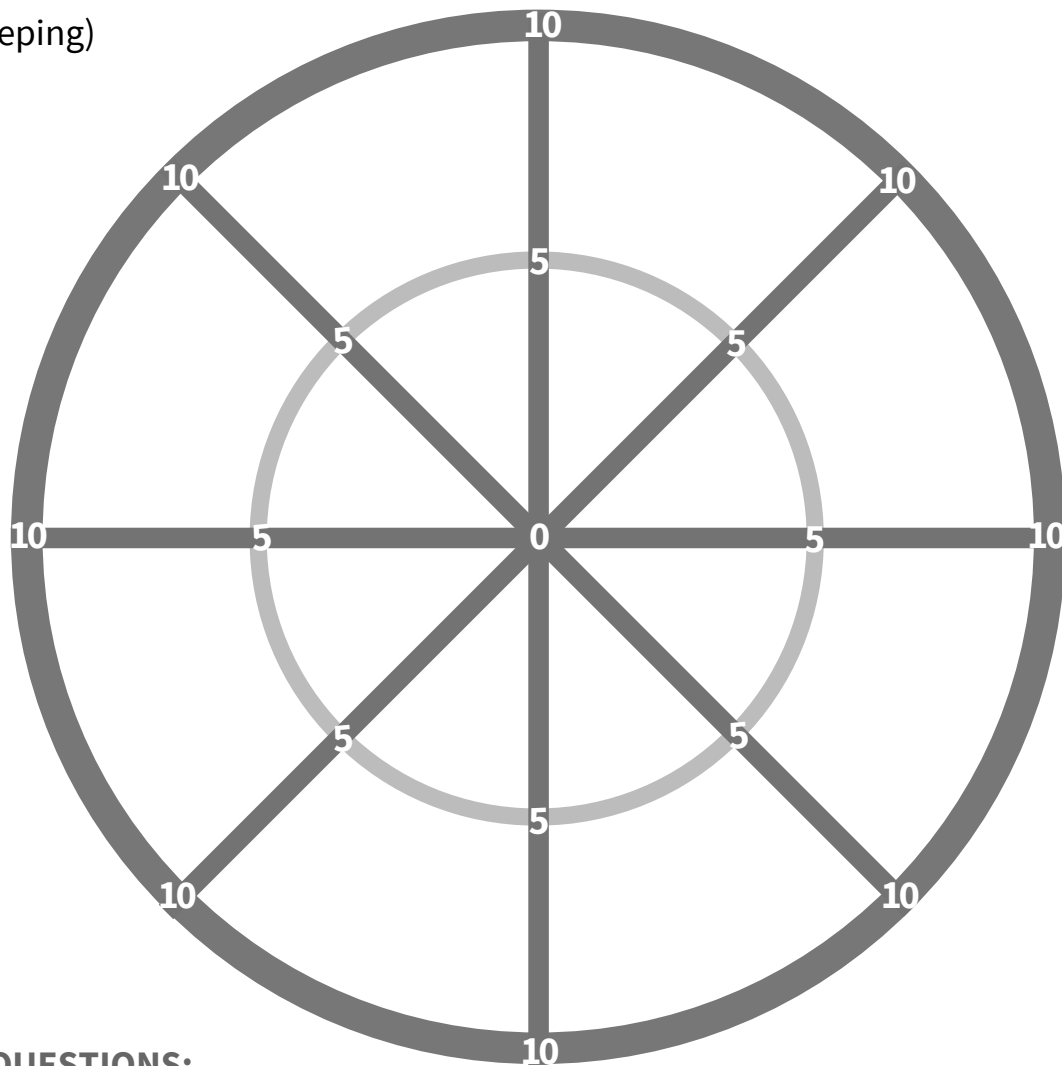
Reflecting upon diverse areas of your life is integral in order to set goals that foster a holistic sense of wellness and success.

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