



Wheel of Life

Instructions:

Consider the areas-of-life list on the left. Draw slices of the pie in the circle below to reflect your **current** distribution of energy and time spent on these areas. Do not include areas of life on this pie chart that do not resonate for you, or that you are not currently spending time on.

Areas of Life:

Home

Community (friends, chosen family, family)

Fun & Enjoyment

Career/Profession

Spiritual Connection

Relationships

Personal growth/development

Health

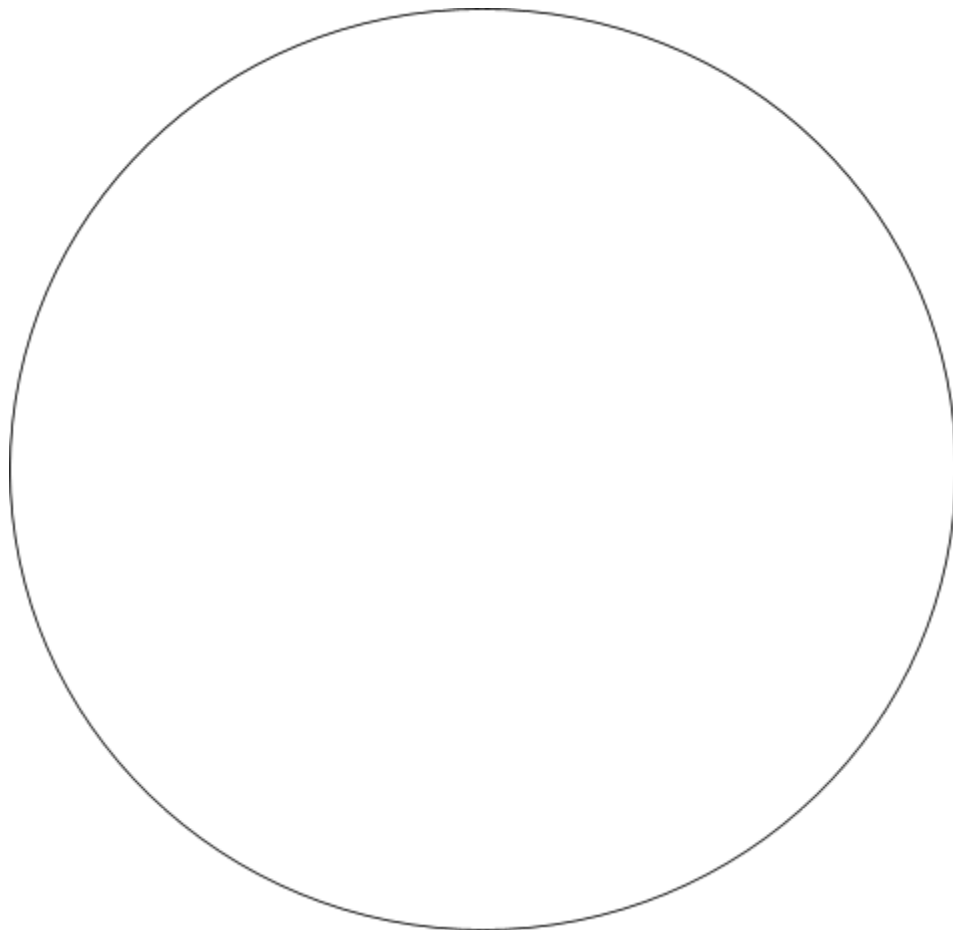
Physical Movement

Personal Finance

Nature Connection

(Other areas not listed)

CURRENT WHEEL OF LIFE:

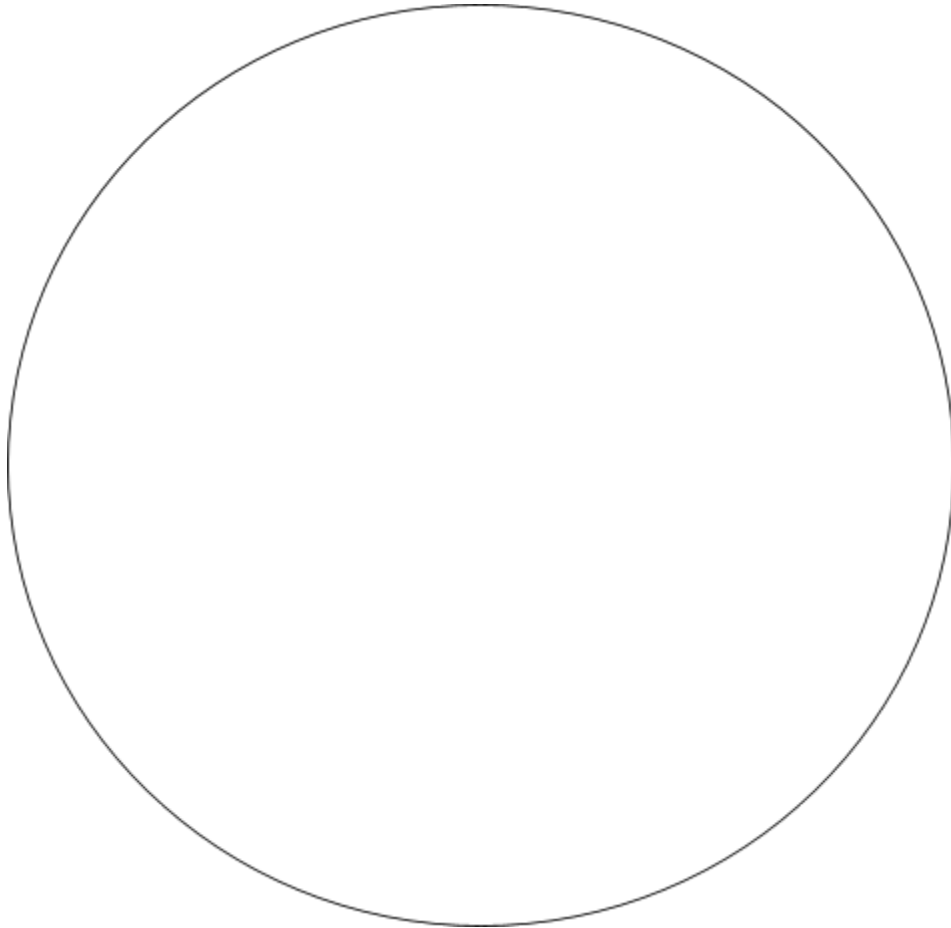




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IDEAL WHEEL OF LIFE:

Using the areas-of-life list above, or any other areas important to you that are not on the list, complete the pie chart below to reflect the ideal amount of time you want to be spending on any areas of life. Notice how they increase or decrease from the *current* wheel, and journal about your observations.



Notes: