

WHEEL OF LIFE

Rate each area of your life from 1 to 10
(1 = needs attention, 10 = feels strong and balanced)

There is no right or wrong, just honesty.

The diagram is a large circle divided into ten equal segments by a central circle and radial lines. Each segment contains a label and a small square box for a rating. The segments and their labels are:

- Self-Love
- Friendships
- Boundaries
- Confidence
- Goal & Future
- Peace
- Family
- Emotional Wellbeing



REFLECTION SECTION

What's one area of your life you feel good about right now?

- *Even if it's small... it still counts.*

What is helping this area stay strong?

What area needs more attention?

- *What is this area asking from you right now?*

What is one small step I can take this week?

- *Keep it realistic. Something you will actually do.*

What does "peace" look like for me right now?

- *Not perfect. Just better than before.*



*I am allowed to grow at my own pace.
I choose awareness, balance, and peace.*



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Tick the areas you want to focus on this week.

