



Wheel of Life

Use this handout to bring awareness to which areas of your life may need a bit more attention. A little mindfulness can serve as a great starting point for creating a happier, more well-rounded life.

We all tend to focus on some areas of our life more than others. Usually, our strengths tend to zap all of our focus while our weaknesses get a little neglected. Let's bring awareness and focus to where we shine and where we might need some work.

Directions:

- Give yourself a 1-10 score for each of the categories below
- 1 = "could use more attention" and 10 = "I'm feeling fulfilled & satisfied in this area!"
- Shade in each section of the pie from the center outward to your score.

Questions to ask:

- How balanced is your wheel?
- Which areas need a little extra TLC and which areas are thriving?
- What Tiny Action can you take to increase your rating in a specific area?

