**Life Wheel**

Rate your functioning in each area of your life on a scale of 1 (poor) to 5 (excellent) and plot it on the wheel.



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Label each “pie” slice, 12 in total, with a different area of your life. See examples below:

* Hobbies, Fun, Self-care
* Finances, Work, Spirituality
* Family, Friends, Romance
* Sleep, Fitness, Food