

WHEEL OF

Life

The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below, and rate them from 1 - 10.



Daily Reflection

Thoughts that made you smile today...

Things that challenged you today...

Urges that you resisted today...

Events that made you feel productive today...

Beautiful things that you heard today...

Experiences that made you feel brave today...

Prioritize Self-Care

Prioritizing self-care is a very important step in living a balanced and stress-free life. Fill out the boxes below during the week to give yourself time to reflect.

I'm grateful for

Exercise and Nutrition

My biggest self-care goal this week

Habits

01

02

03

04

05

05

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Weekly Reflection

What I spent most of my time on:

Things that I will continue to work on next week:

Things that I went well for me:

Areas that I need to reflect and dive further in:

I am ready to release and receive guidance on:

If you only had one more day to live, what would you have the courage to do now?



Monthly Reflection

Date:

Time:

✦ Monthly Wins

✦ How does it make me feel?

✦ Challenges

✦ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

Weekly Emotions

MONTH:

WEEK:

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Summary of the week: