WHEEL OF

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.





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

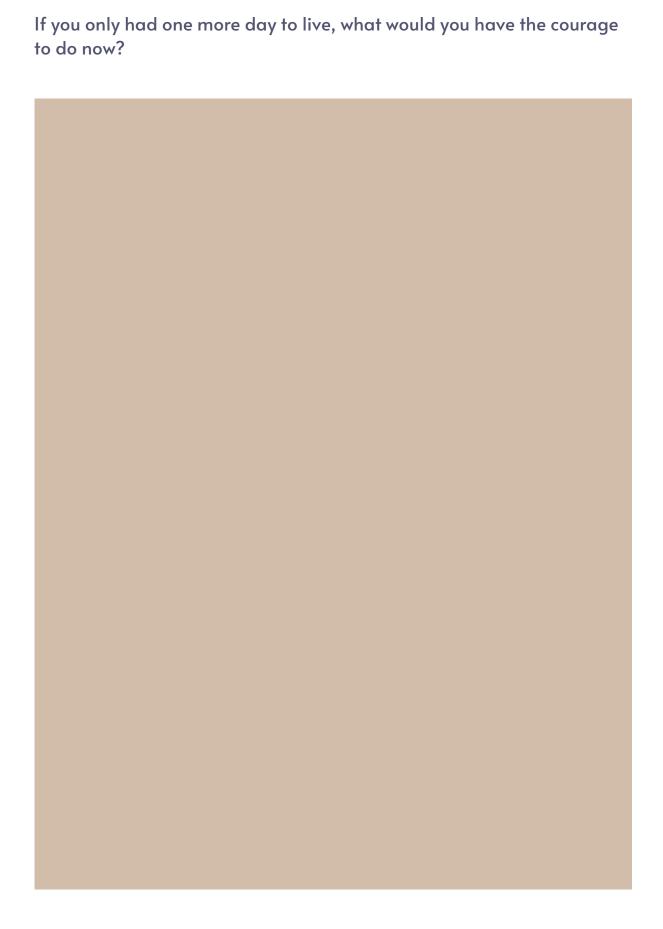
Prioritize Seff-Care

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	S M T W T F S		
01			
02			
03			
04			
05			
05			



What I spent most of my time on:	
Things that I wil 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:	





Date:	Time	e:
→ Monthly Wins	+ How de	oes it make me feel?
→ Challenges	→ How co	an I improve it?
Accomplished Goals	Unaccomplished Goals	Goals Next Month
Habits Retained	Habits Eliminated	New Habits Developed
Three things that I am ı	most grateful for this mon	th:
Two life lessons I learne	ed this month:	
One word that best des	cribes this month:	



Sunday:
Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Summary of the week: