

Wheel of Life

The Wheel of Life is a tool you can use to assess which areas of your life are calling for more attention. The point is not to have a perfectly balanced wheel, rather, it's a way to look at your life and see if how you are spending your time is in alignment with where you want your life to be.

There are 10 rings on the wheel, put a dot in the ring that represents where you feel you are currently in each of the 10 areas of your life.

Remember stay open-minded. It is simply a tool that aims to highlight where you may want to spend more or less time. You be the judge of where you will actually spend your time.

