

# THE WHEEL OF LIFE



The Wheel of Life is a wonderful assessment to capture where you are on your self care journey. It is a powerful tool that helps you identify imbalances and re-align your life to what truly matters.

1. Take a look at the different life areas on the worksheet. If the categories aren't a good fit, modify them to your liking.
2. Mark your current level of satisfaction within each segment by placing a dot on the line of each life area, the closer to the center being less satisfied, and the closer to the outer circle more satisfied.
3. Connect the dots and 'draw your wheel.' Notice the shape. Can that wheel roll in its current condition? What are the 2 areas where you feel most connected and in balance?
4. If the wheel is lopsided, also pick 1-2 life areas that you want to focus on most today. You might also brainstorm one or two action steps in the direction of cultivating that area and write it down below or within the wheel spoke of that life area.

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BALANCE: Your body thrives in a state of balance. Eating, dating, or other habits become out-of-whack or disordered when the whole system is out of balance. When you are having symptoms, there is likely something else or multiple other things in your life that are not in balance.

Balance is not a static state but a dynamic state.

See your life and body as a laboratory and cultivate curiosity. Increase awareness of areas that are out of balance.

ASK YOURSELF:

What nourishes you?

How do you inspire your sense of joy?

What is your overall sense of your health?