



INSTRUCTIONS

Wheel of Life

The wheel is divided up into 8 sections. There are two intentionally left blank for you to customize. Your purpose is to identify those areas out of balance so you can get more intentional in your day-to-day life.

Take a moment objectively weigh in on each area, coloring in the portion of the sector equal to the amount of time you currently invest.

Those sectors with the the smallest portions colored-in are an indicator that more attention is needed there. On the flip-side, those areas fully colored in may also throw you off balance by taking the majority of your time and keeping you from investing in other areas.