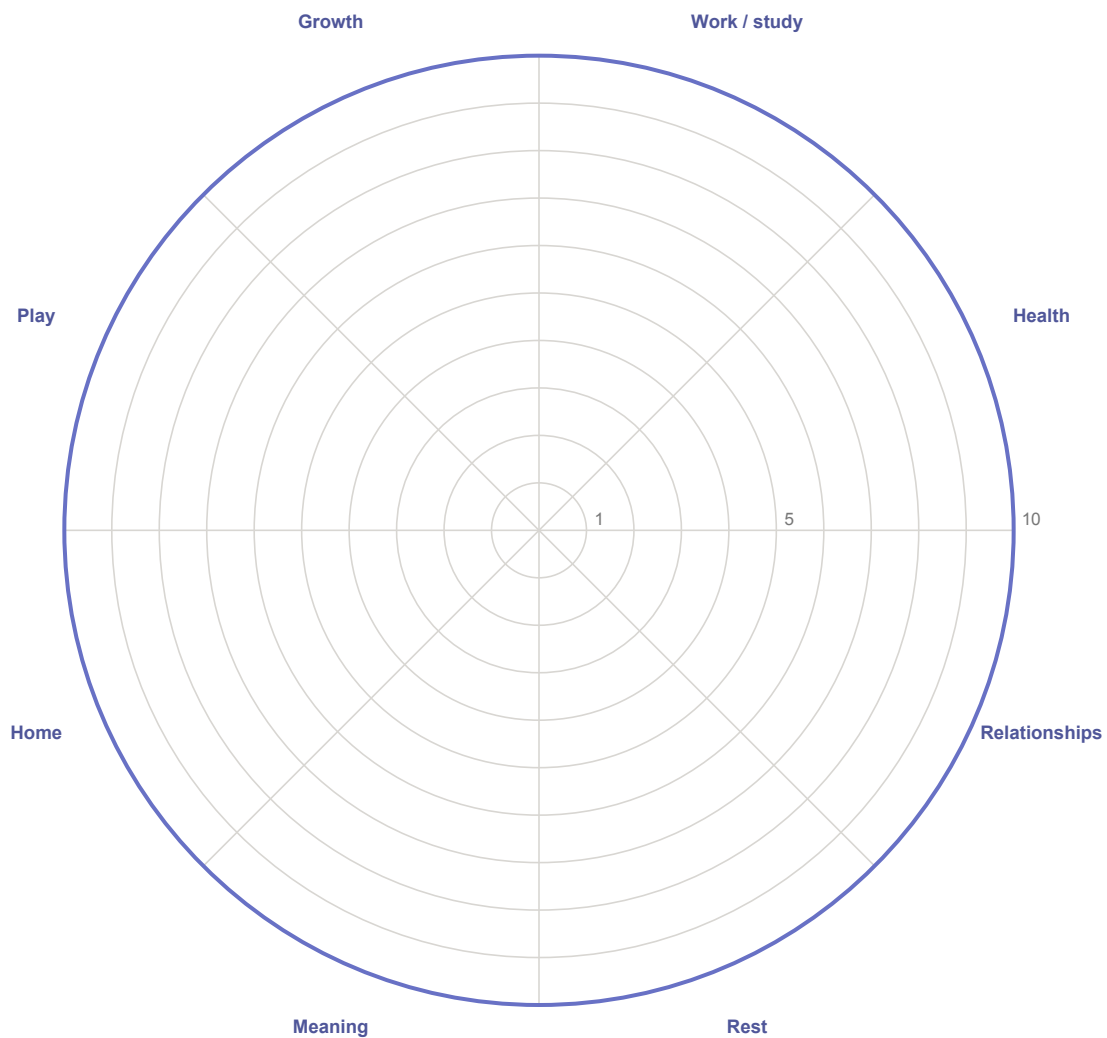


Wheel of Life

Rate each area from 1 (needs attention) to 10 (going well). Shade each segment from the center to your chosen rating. Rename or cross out any area that does not fit.



REVIEW YOUR WHEEL

Which area do you want to focus on first?

Values Compass

Use your wheel to choose one direction for the next week.

What matters in this area?

Write the value you want this part of your life to reflect.

What is already working?

List one example.

What would one point better look like?

Describe a small, visible difference.

What will I try this week?

Choose one action you can do or schedule.
