The Life Wheel

When any of the spokes on your life wheel get weak or break, your wheel goes flat! So doing regular assessments is SO important to keeping your life balanced. Be honest with yourself!

Use the prompts to give yourself a score of 1-10 in each area. Most people decide to focus on just one area at a time (lowest score is generally where you want to start!) Focusing on too many things at a time can lead to discouragement, but you will find other areas of your life improving when you focus on that one thing.



Mental Health

I take responsibility for my thoughts and manage them well.

My thoughts create the results in my life.

Emotional Health

I understand the source of my emotions.

I am willing to feel my feelings and create the emotions I want.

Growth/Resilience

I look for opportunities to grow

Even in adversity I see the lesson

Identity

I believe I am who God says I am.

My identity does not come from my performance or others’ opinions of me

Relationships

I have meaningful connections with the people in my life.

I love unconditionally.

Recreation

I have nourishing routines that allow for rest and play.

Physical Health

My nutrition and fitness is a priority in my life.

I eat food God made and move my body regularly.

Finances

I have a good understanding of how to create, spend and invest.

I believe there is always enough.

Physical Environment

My home fills me with joy and gratitude

I am making it exactly what I need it to be.

Past+Future You

I set goals regularly and keep my word to myself

I am doing things today that I will thank myself for in the future.

Your Dream Life

I understand and am fulfilling my purpose/calling.

I believe in my ability to create the life I want.

Unconditional Love

My ability to love does not depend on anyone else.

Love is created by my thoughts and the renewing of my mind.