

SPARK FOCUS

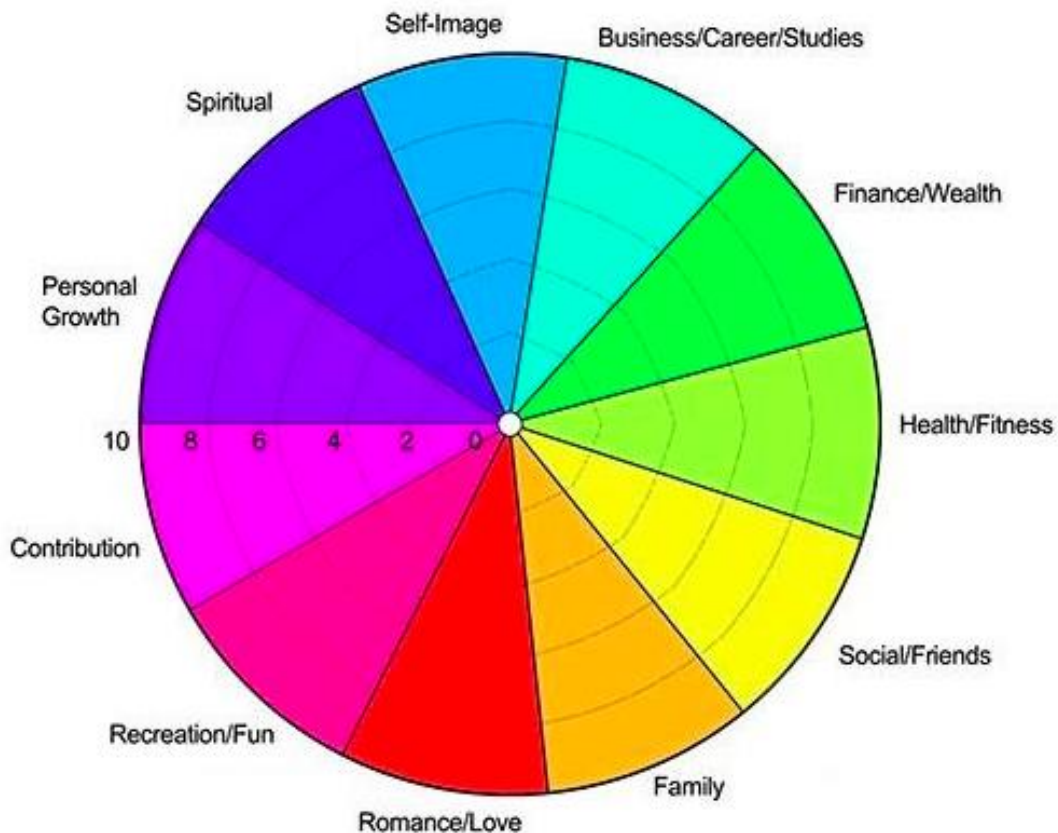
WHEEL OF LIFE

The Wheel of Life is a simple and easy way to get a 'snapshot' of your life as you see it today! Taking this snapshot every few months can serve as a powerful self-reflection tool in measuring overall life satisfaction.

Think about each section of the wheel as it relates to your life right now, drawing a horizontal line in each section to indicate where your life in that category is at this point – from the inside of the wheel being 0 (nowhere near where you want that category to be in your life) to the outside of the wheel being 10 (exactly where you want to be in that category).

NAME:

TODAY'S DATE:



SWAP IN ANOTHER CATEGORY OF YOUR CHOOSING!

Life Purpose, Community, School, Nutrition, Exercise, Spirituality, Hobbies, Playtime, Fun Attitude, Physical Space, Relationships, Confidence, Creativity, Service, etc