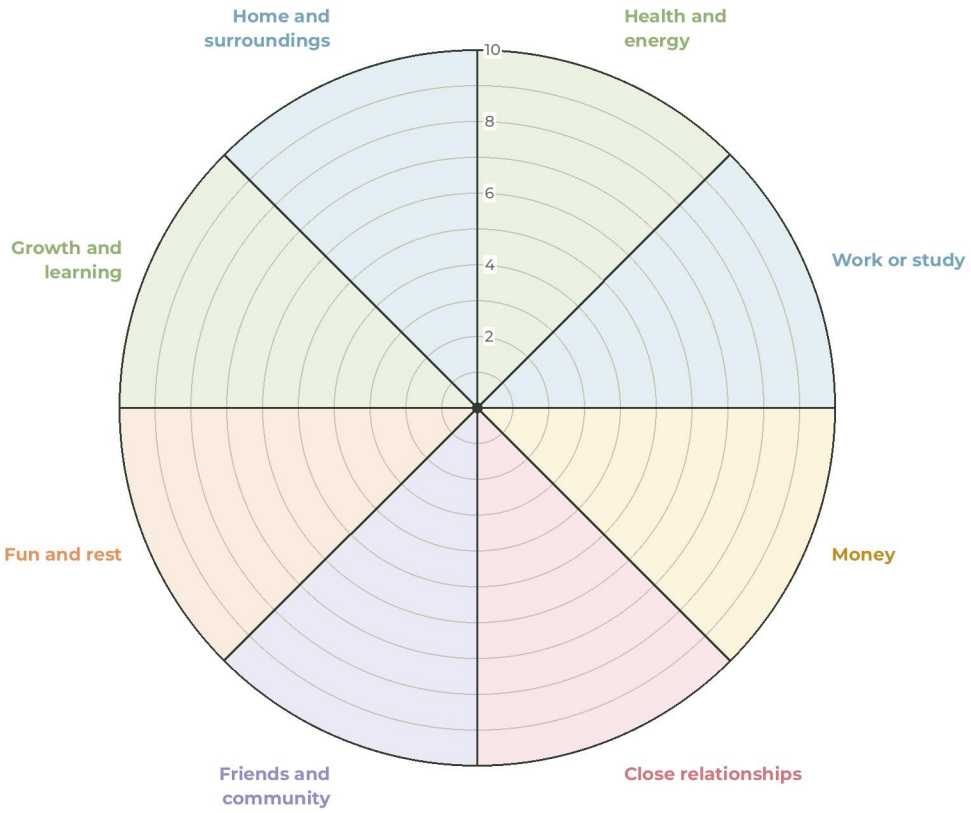
My Life Balance Wheel

For each area, shade from the center out to how satisfied I am right now (0 to 10).

Name: _____ **Date:** _____

1 Shade my wheel

Rename any area that does not fit my life. Rate today, not my best or worst week



2 Now, how much it matters, and where I want it

Write numbers from 0 to 10. A low score in an area that matters little is fine

Area (or my own name for it)	Now (0 to 10)	Matters to me	In 3 months	One word for why
Health and energy				
Work or study				
Money				
Close relationships				
Friends and community				
Fun and rest				
Growth and learning				
Home and surroundings				

If I could change one area first, it would be: _____

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My Life Balance Plan

Pick one or two areas. Aim for one point higher, not a perfect circle.

Name: _____ **Date:** _____

1 What my wheel shows

Look at the shape for a minute before deciding anything

Highest area and what keeps it there: _____

Lowest area: _____

What surprised me: _____

Matters most to me but lower than I want: _____

2 Move one area up by one point

Small, specific and in my control this week

Area 1: _____

Now and my target (e.g. 4 to 5): _____

What 1 point higher would look like: _____

First step (after I ..., I will ...): _____

If-then plan (if ... then I will ...): _____

Area 2 (optional): _____

What 1 point higher would look like: _____

First step (after I ..., I will ...): _____

Who or what can help: _____

_____

3 Protect, then re-rate

One area I will keep steady, and three check ins

An area I will protect while I work on another: _____

Check in	Area 1	Area 2	Area 3	Area 4	Area 5	Area 6	Area 7	Area 8
Week 4: ___								
Week 8: ___								
Week 12: ___								

What changed since the last check in: _____

Good to know

1. Not a test or a diagnosis. It gives no score, and a perfect circle is not the goal.
2. Today's mood can color the whole wheel. If every area looks low, rate again on another day and talk to someone.
3. Persistent low mood, hopelessness or losing interest in almost everything are reasons to see a doctor or therapist.

In the US: call or text 988 in a crisis. In immediate danger, call 911.

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