



Score eight areas of your life, read the pattern, then turn your lowest area into one realistic next step.

01 Today's overall read

Taking everything together, how balanced does life feel right now?

1 2 3 4 5 6 7 8 9 10

Very lopsided

Nicely rounded

02 Score your eight areas

Rate each area from 1 to 10, 1 means deeply unsatisfied, 10 means fully satisfied. Go with your first instinct.

Career & work, how fulfilling and on-track does it feel?

1 2 3 4 5 6 7 8 9 10
1 10

Money & finances, how secure and in control do I feel?

1 2 3 4 5 6 7 8 9 10
1 10

Health & body, energy, fitness, sleep, how I feel physically.

1 2 3 4 5 6 7 8 9 10
1 10

Family & friends, the quality of my close connections.

1 2 3 4 5 6 7 8 9 10
1 10

Romance & love, my relationship, or how I feel about that part of life.

1 2 3 4 5 6 7 8 9 10
1 10

Personal growth, learning, purpose, becoming who I want to be.

1 2 3 4 5 6 7 8 9 10
1 10

Fun & recreation, play, rest, the things I do just because I enjoy them.

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1

10

Environment & home, my space, surroundings and daily setup.

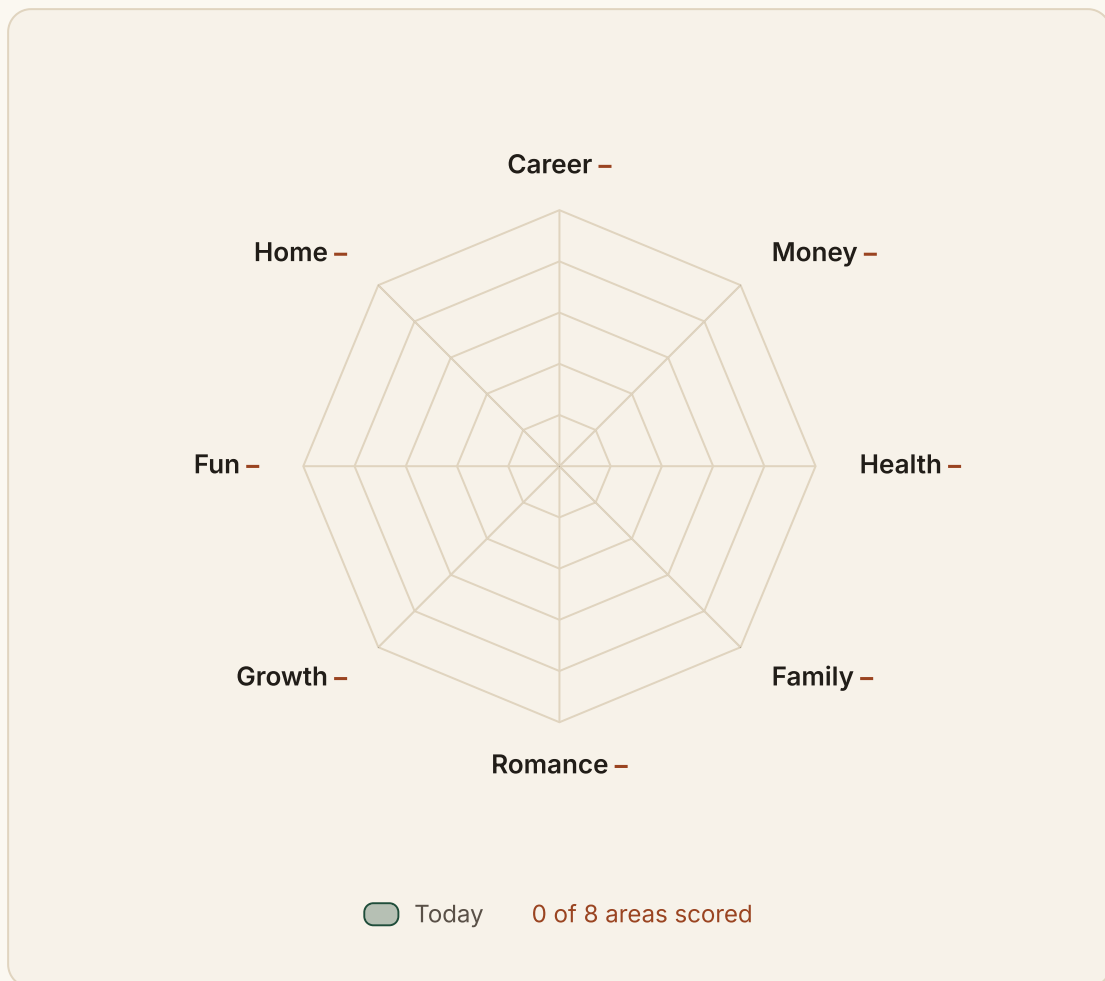
1 2 3 4 5 6 7 8 9 10

1

10

◆ Your wheel

It fills in as you score the eight areas above. A round wheel means balance; a spiky one shows where energy has pooled and where it's drained away.



03 Read your wheel

Look across the eight scores. Notice the highs, the lows, and any surprises.

Areas scoring highest, what's working

Areas scoring lowest, what's been neglected

The score that surprised me most, and why:

04 Pick one area to focus on

Not necessarily the lowest, choose the one that, if it improved, would lift the most else with it.

The one area I'm choosing to work on:

Why this one, right now:

05 What a +2 would look like

Don't aim for a 10. Picture this area just two points higher than its current score, concrete and believable.

If this area moved up two points, what would be different in my week?

06 My first small step

One specific action, small enough that you could start this week.

The step I'll take	When / how often
_____	_____
_____	_____

When you're done, a moment to reflect

- Which area have you been telling yourself you'll 'get to later' for the longest?
- Is your lowest score low because of real circumstances, or because it's quietly stopped getting any of your attention?
- What would change if you re-scored this wheel in three months?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.