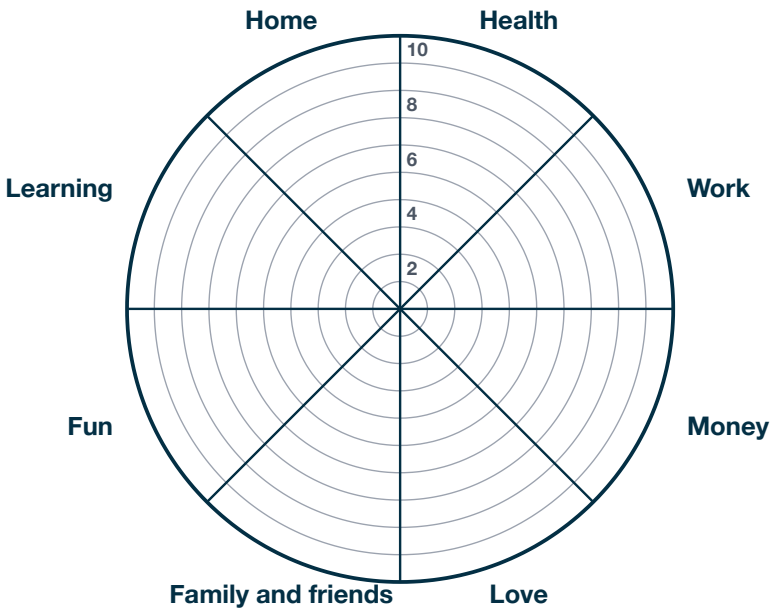
Wheel of life

Rate how satisfied you feel with each area right now, from 0 (not at all) to 10 (completely). For each slice, draw a curved line across it at your score, then shade from the center out to that line. Rate how you feel, not how it looks from outside. A lopsided wheel is common, and it isn't a grade.



Area	Now	In 3 months	What would one point higher look like?
Health			
Work			
Money			
Love			
Family and friends			
Fun			
Learning			
Home			

One slice, one step

Pick one area that matters to you now, not only the lowest. Write a plan as "If (when or where), then I will (one action)."

For your journal

Which slice surprised you, higher or lower than you expected? What happened this month that might explain it?

Your score is a snapshot of one day. A low mood can pull every slice down at once, so try the wheel again in a few weeks before deciding much from it.

The coaching wheel of life is credited to Paul J. Meyer, founder of the Success Motivation Institute. Made by Joel Dean, Joyful AI Journal. joyfulaijournal.com/self/wheel-of-life

If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.