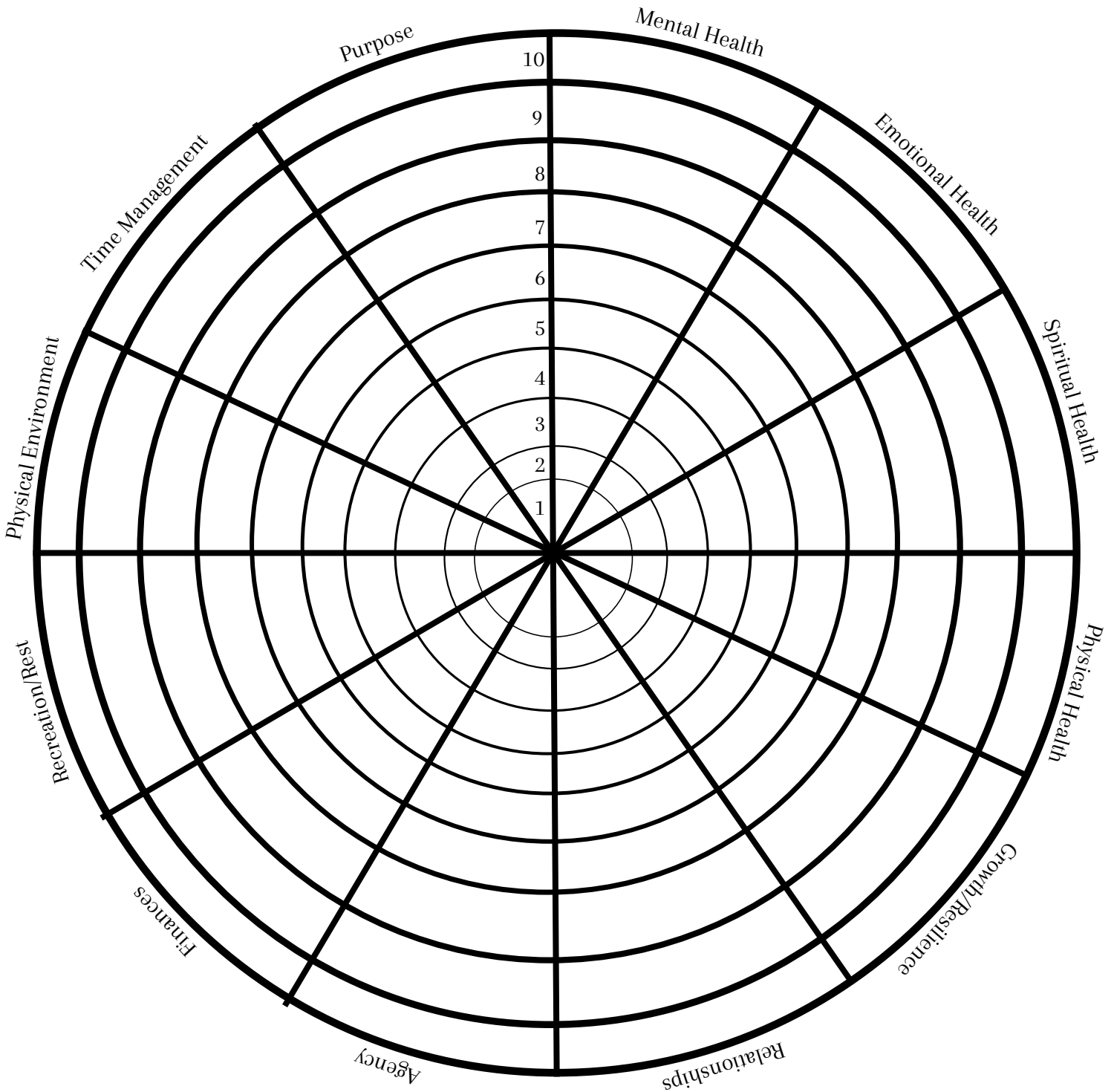


# LIFE WHEEL

## Self-Assessment for Wellbeing





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## Self-Assessment for Wellbeing

<b>Mental Health</b>	I take responsibility for my thoughts and regularly take negative thoughts captive. I purposefully create the way I experience my life by changing my thoughts.
<b>Emotional Health</b>	I take 100% of the responsibility for the way that I feel at any given time. I do not stuff or ignore my emotions, but am willing to feel & process them.
<b>Spiritual Health</b>	I am taking time to cultivate my relationship with the Lord. I am making sure this leg of the “stool” is well attended to.
<b>Physical Health</b>	My nutrition and physical fitness are a top priority in my life. My lifestyle includes eating healthy foods and moving my body regularly.
<b>Growth / Resilience</b>	I look for opportunities to learn and grow. When faced with adversity or struggle, I quickly get curious to find the lesson.
<b>Relationships</b>	I have meaningful connections with the people in my life. I lay down “manuals,” set healthy boundaries, and stay in emotional adulthood.
<b>Agency</b>	I take ownership of what I do, say, believe, how I act, and what I think. I honor my independence and am careful to stay out of co-dependency and/or enmeshment.
<b>Recreation / Rest</b>	I regularly plan for times of rest and play in my calendar. I seek out new ways to have fun.
<b>Finances</b>	I have a good understanding of how to create, spend, and invest my finances. I believe I have everything I need.
<b>Physical Environment</b>	My home fills me with joy and gratitude. I am creating a safe space for myself and my people.
<b>Time Management</b>	I manage my time in a way that creates a healthy work/life balance. I do not overbook. I set goals regularly and keep my word to myself.
<b>Purpose</b>	I find my purpose by living in authenticity every day. I am settled in the truth that I am a human being, not a human doing. My purpose is directed by my Heavenly Father, not formed by the world.