

**Wheel of Life Assessment**

Day	Spiritual	Emotional	Physical	Work	Relationships	Rest	Growth	Finances
<b>1</b>								
<b>2</b>								
<b>3</b>								
<b>4</b>								
<b>5</b>								
<b>6</b>								
<b>7</b>								

Reflection Questions:  
What's one small change you can commit to this week?

What barriers might keep you from maintaining this rhythm? How can you address them?

Life Area	Rating 1-10	To honor this area of my life I will...
Spiritual Life		
Emotional Health		
Physical Well-Being		
Work/Ministry		
Relationships		
Rest and Recreation		
Personal Growth		

Finances		
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# WHEEL OF LIFE (Blank)

