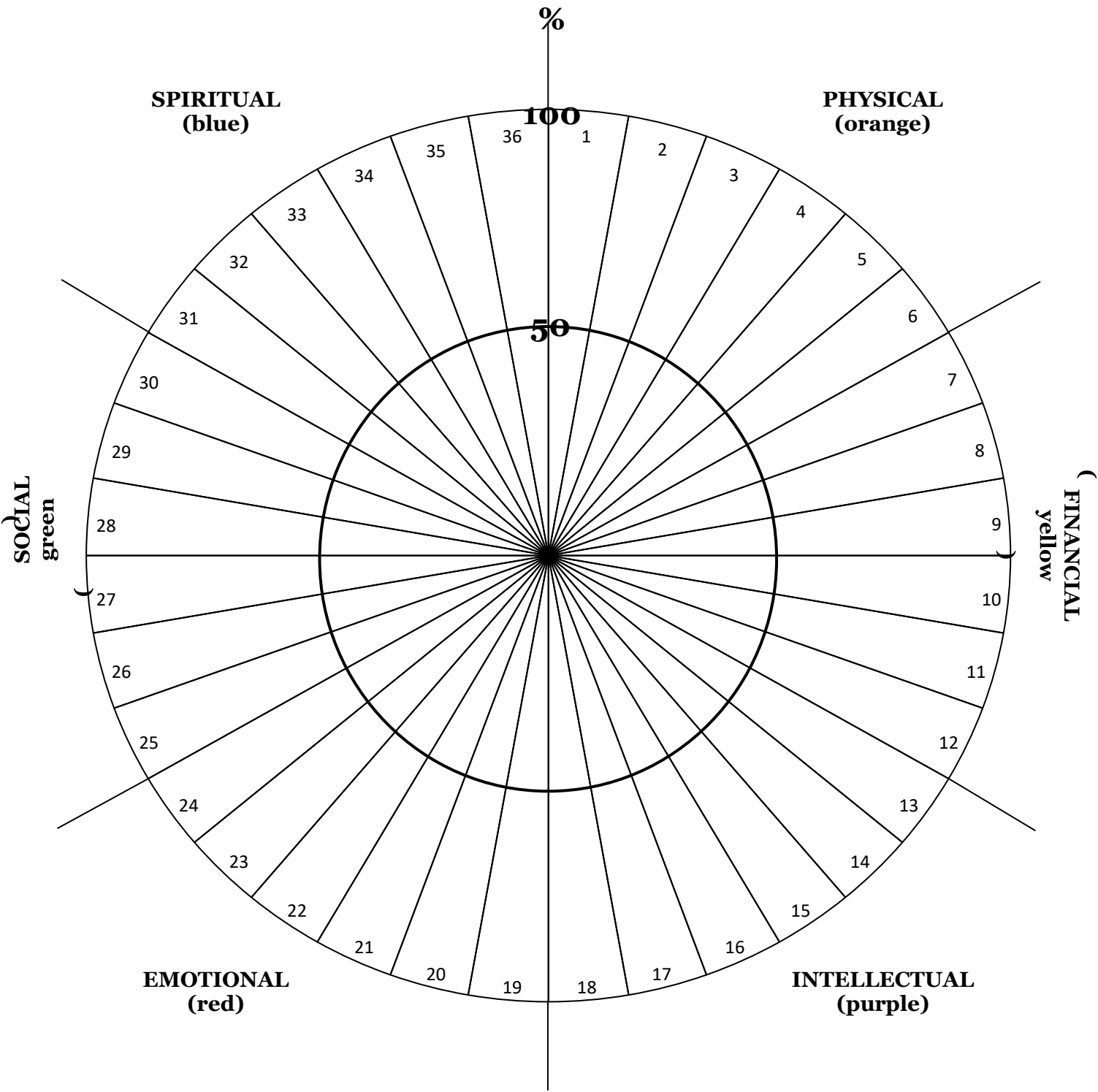


# RyanZofay.com Wheel of Life PDF

## Wheel of Life Activity Guide

"A wheel runs most smoothly when it's balanced." This simple but profound truth forms the foundation of the Wheel of Life exercise, a powerful tool for creating awareness and inspiring transformation. Take this opportunity to reflect on your life, uncover areas that need nourishing, and celebrate the parts where you're thriving. To begin, follow the instructions below and fill in each section of your Wheel of Life. Trust the process, and remember, this isn't about being perfect. It's about creating a roadmap that leads you toward a more balanced and fulfilling life.



From R. Robertson & G. Microys, *Life Balance Assessment and Action Planning Guide*, 2001-2 and Lutheran Social Services of Michigan, *Your Guide to the Wellness Wheel*.

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## How to Use the Wheel of Life

1. **Read each statement carefully:** Each statement reflects an essential aspect of your life, like Physical, Financial, Intellectual, Emotional, Social, and Spiritual well-being.
  2. **Assess your degree of achievement:** For every statement, think honestly about how consistently you align with it. For example, question one is "I eat a balanced, nutritional diet." If you believe you do this 100% of the time, color in the entire section. If it's about 60%, color 60% of that section.
  3. **Complete all 36 sections:** Your colored wheel is a reflection of your life as it is today.
- 

### The Dimensions of Your Wheel: Sections & Statements

#### Physical (Orange)

- I eat a balanced, nutritional diet.
  - I exercise at least three times a week.
  - I take responsibility for my physical health.
  - I am generally free from illness.
  - I have annual check-ups and specific medical checks as prescribed.
  - If at all, I use tobacco, alcohol, or prescribed drugs responsibly and moderately.
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#### Financial (Yellow)

- I live within my means and take responsibility for my financial decisions.
  - My spending and saving habits reflect my values and beliefs.
  - I actively plan for periods in my life when I may not have income.
  - I pay bills on time and positively manage credit.
  - I balance present-day spending with saving for the future.
  - I have similar financial beliefs and practices as those with whom I am close.
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#### Intellectual (Purple)

- I enjoy learning new skills and information.
  - I have positive thoughts (low negativity & cynicism).
  - I am generally satisfied with my vocation/major.
  - I commit time and energy to professional growth and self-development.
  - My work is stimulating, rewarding, and reflects my values.
  - I pursue mentally stimulating interests and hobbies.
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## Emotional (Red)

- I have a sense of control in my life and am able to adapt to change.
  - I perceive “problems” as opportunities for growth.
  - I am able to comfort myself when I’m troubled.
  - I have a sense of fun and can laugh at myself.
  - Others describe me as emotionally stable.
  - I believe I’m responsible for my feelings and how I express them.
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## Social (Green)

- I have at least three people with whom I have a close, trusting relationship.
  - I am able to resolve conflicts in all areas of my life.
  - I have satisfying social interactions with others.
  - I am aware of my own and others' boundaries and respect them.
  - I’m aware of others’ feelings and can respond appropriately.
  - I feel connected to a group or organization that gives me a sense of belonging.
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## Spiritual (Blue)

- My life has meaning and purpose.
  - I have a general sense of serenity.
  - I am at peace with my beliefs.
  - I practice prayer, meditation, or reflective self-growth.
  - My principles/ethics/morals guide my decisions.
  - I trust others and forgive both them and myself.
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## Your Plan

### Reflection

**Take a moment to review your wheel. Consider it a snapshot of your balance in life.**

- **Which sections feel the most colorful and fulfilling?**

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- **Which sections feel empty and in need of attention?**

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**Celebrate the areas where you're thriving. Don't shy away from the opportunity to grow in areas that need your love and energy.**

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## Setting Goals

**Now that you've mapped out your wheel, it's time to act. Growth begins with decisions and develops through commitment.**

- 1. What would you like to change?**

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**Consider one or two areas you'd most like to develop. Write down your thoughts.**

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- 2. Where can you invest your resources (time, energy, money)?**

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**Small, consistent changes can lead to big results.**

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**Example:**

**"As a result of this exercise, I will improve my life balance by dedicating 30 minutes each day to exercise and committing to weekly social gatherings with friends."**

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## First Steps

**What's the one thing you can do *today* to bring more color to your wheel? Write it down. Then commit to it. Share this goal with someone for support. There's a special kind of magic in accountability.**

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## Motivational Closing

**The beauty of the Wheel of Life isn't perfection; it's progress. It shows you where you are, but more importantly, it inspires you to grow into the person you want to be. Life isn't about having all the answers but about taking steps that feel true to you.**

**You've already taken the first step. Keep going. Your best, most balanced life is waiting. ♥**