



# WHEEL OF LIFE BALANCE

year \_\_\_\_\_

Spirituality 🌸

Energy 🌸

Compass 🌸

Relations 🌸

Health 🌸

Mind 🌸

Business 🌸

Creativity 🌸



### **Spirituality**

Religion  
Spiritual growth  
Practices  
Inner Peace

### **Relations**

Spouse  
Friends  
Family  
Home and Household  
Companions

### **Energy**

Energy level  
Recreation and fun  
Vacations  
Travels

### **Health**

Physical health  
Body development  
Sport and workouts  
Fitness and beauty

### **Compass**

Life planning  
Time management  
Goals achievement  
Revision and analysis  
New techniques

### **Mind**

Mental wellness  
Emotional health  
Intellectual development  
New skills

### **Business**

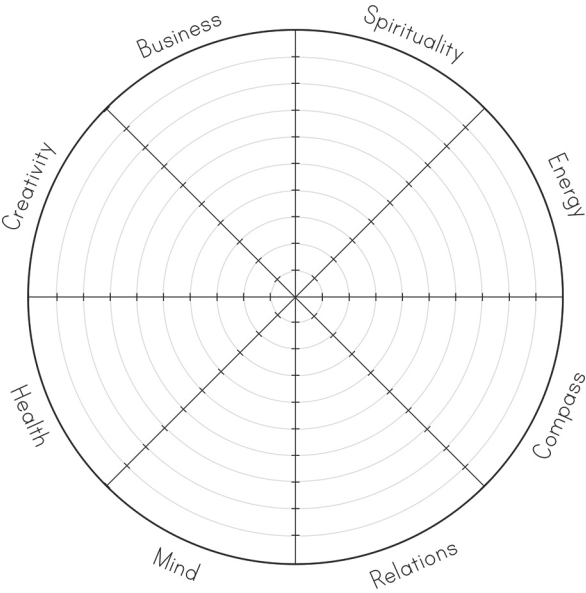
Money management  
Income growth  
Business  
Job and career

### **Creativity**

Art, drawing  
Music, dancing  
Writing, blogging  
Hobbies and crafts

# Monthly Wheel of Life Balance

Month: .....



## Notes and Conclusions

Spirituality

.....

.....

Energy

.....

.....

Compass

---

---

Relations

---

---

Mind

---

---

Health

---

---

Creativity

---

---

Business

---

---

Other

---

---