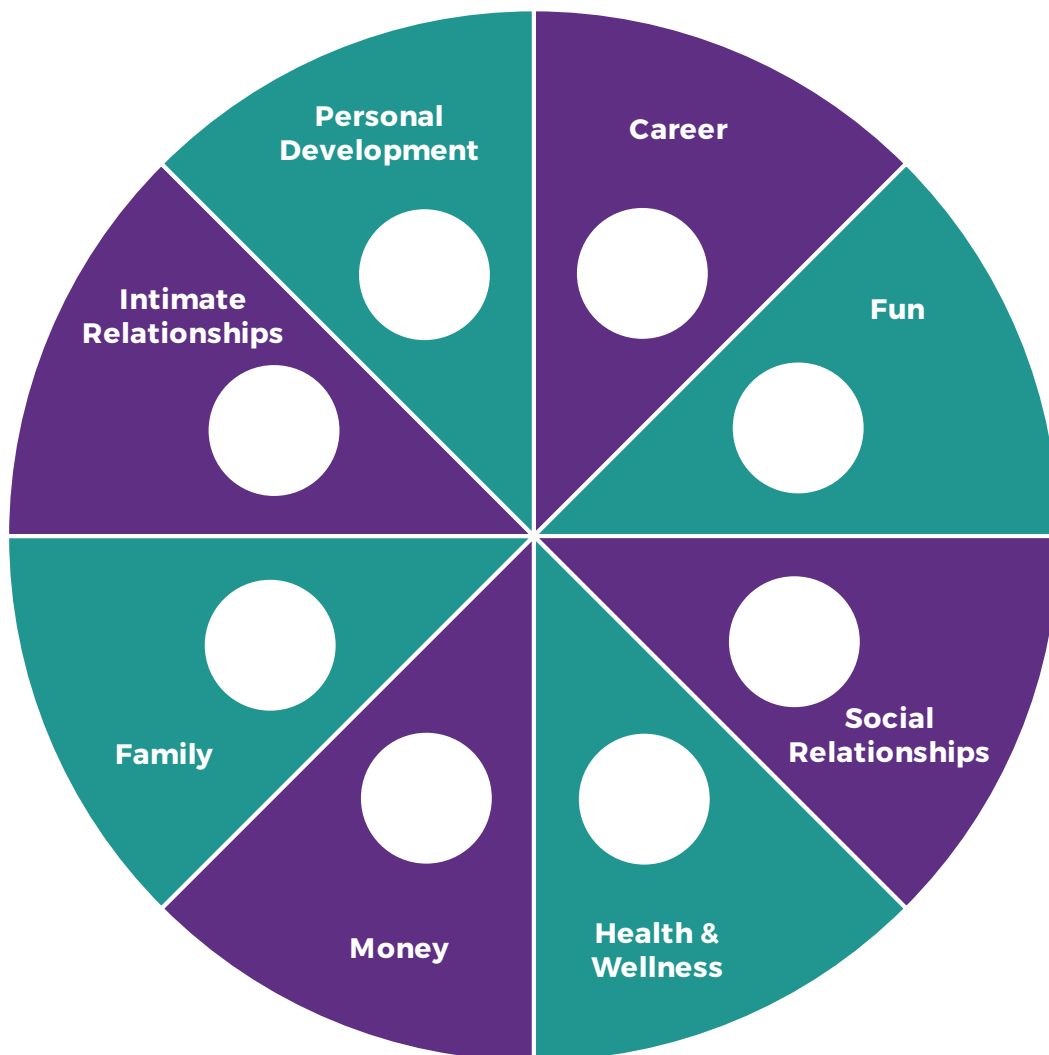


# THE CHEERFUL MIND

## WHEEL OF LIFE

### Directions:

For each section of the wheel, write in the number between 1 and 10 that represents your current level of satisfaction. The higher the number, the more satisfied you are in that area.



# THE CHEERFUL MIND



What are your initial reflections on your satisfaction ratings?

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For each of the areas of the wheel, reflect on the following:

|                               | What is one thing you can celebrate in this area of your life? | What is a challenge in this area you'd like to improve? |
|-------------------------------|--|---|
| <b>Family</b>                 |  |   |
| <b>Career</b>                 |  |   |
| <b>Social Relationships</b>   |  |   |
| <b>Intimate Relationships</b> |  |   |

# THE CHEERFUL MIND

|                              | What is one thing you can celebrate in this area of your life? | What is a challenge in this area you'd like to improve? |
|------------------------------|--|---|
| <b>Fun</b>                   |  |   |
| <b>Money</b>                 |  |   |
| <b>Personal Development</b>  |  |   |
| <b>Health &amp; Wellness</b> |  |   |



What are some actionable steps you can take to address some of your challenges?

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