


What's Important?

Rank the top 10 most important things in your life and estimate how much time you spend on them weekly.

	IMPORTANT THING IN YOUR LIFE	
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

Reflection Notes

Wheel of Life

The wheel of life is also a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below, and rate them from 1 - 10. Then, consider how you're doing in each area based on how much attention you currently give them.

