

MY LIFE BALANCE WHEEL

My Life. My Vision. My Balance.

Name: _____

Date: _____

Support (if needed): _____



*A balanced life looks different for everyone! Use this wheel to identify what each area of life looks like for YOU. Then, rate how much of your time and energy you are currently investing in each area and your goal for the future.

1 DAILY LIFE & EMPLOYMENT

What does this look like for me?

Current Investment %

Desired Investment %

2 COMMUNITY LIVING

What does this look like for me?

Current Investment %

Desired Investment %

8 SUPPORTS AND SERVICES

What does this look like for me?

Current Investment %

Desired Investment %

3 SOCIAL & SPIRITUALITY

What does this look like for me?

Current Investment %

Desired Investment %

7 SUPPORTS FOR FAMILY

What does this look like for me?

Current Investment %

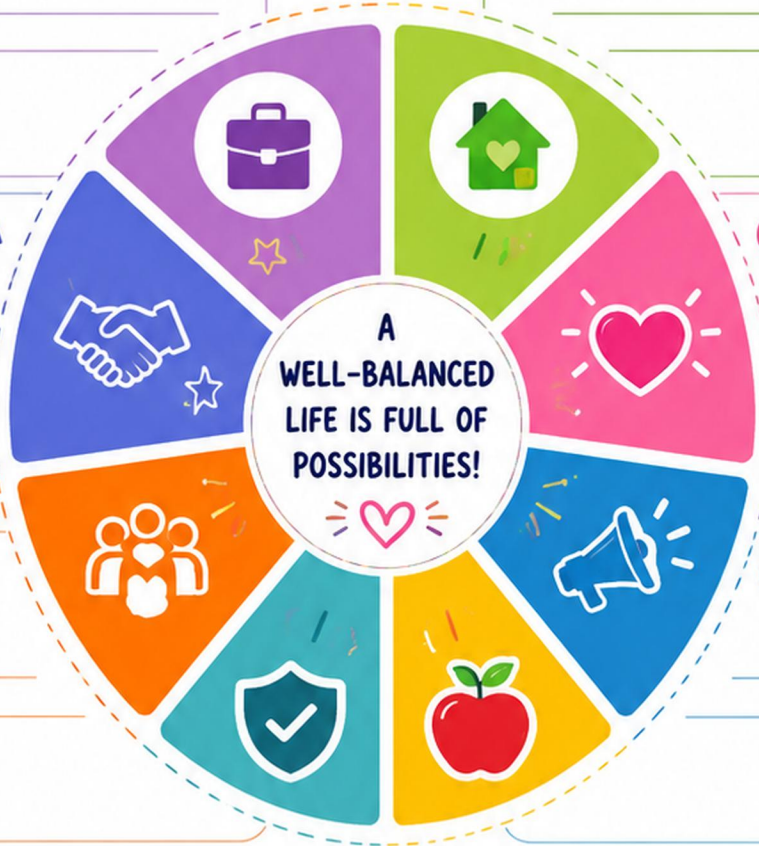
Desired Investment %

4 ADVOCACY & ENGAGEMENT

What does this look like for me?

Current Investment %

Desired Investment %



6 SAFETY & SECURITY

What does this look like for me?

Current Investment %

Desired Investment %

5 HEALTHY LIVING

What does this look like for me?

Current Investment %

Desired Investment %

REFLECTION TIME!

- What areas are you feeling strong in?

- What areas could use more time and energy?

- What is one small step you can take toward your vision?



• . • I AM CAPABLE. I AM WORTHY. I AM CREATING MY FUTURE! • .