



My balance planner

1. One area of my life I want to improve is:

2. One strategy I will try this week:

3. A person I can talk to for support :

4. My daily balance checklist

- I got enough sleep
- I ate something nourishing
- I moved my body
- I took a break from screens
- I did something fun or creative
- I spoke to someone I trust

Work/life balance wheel

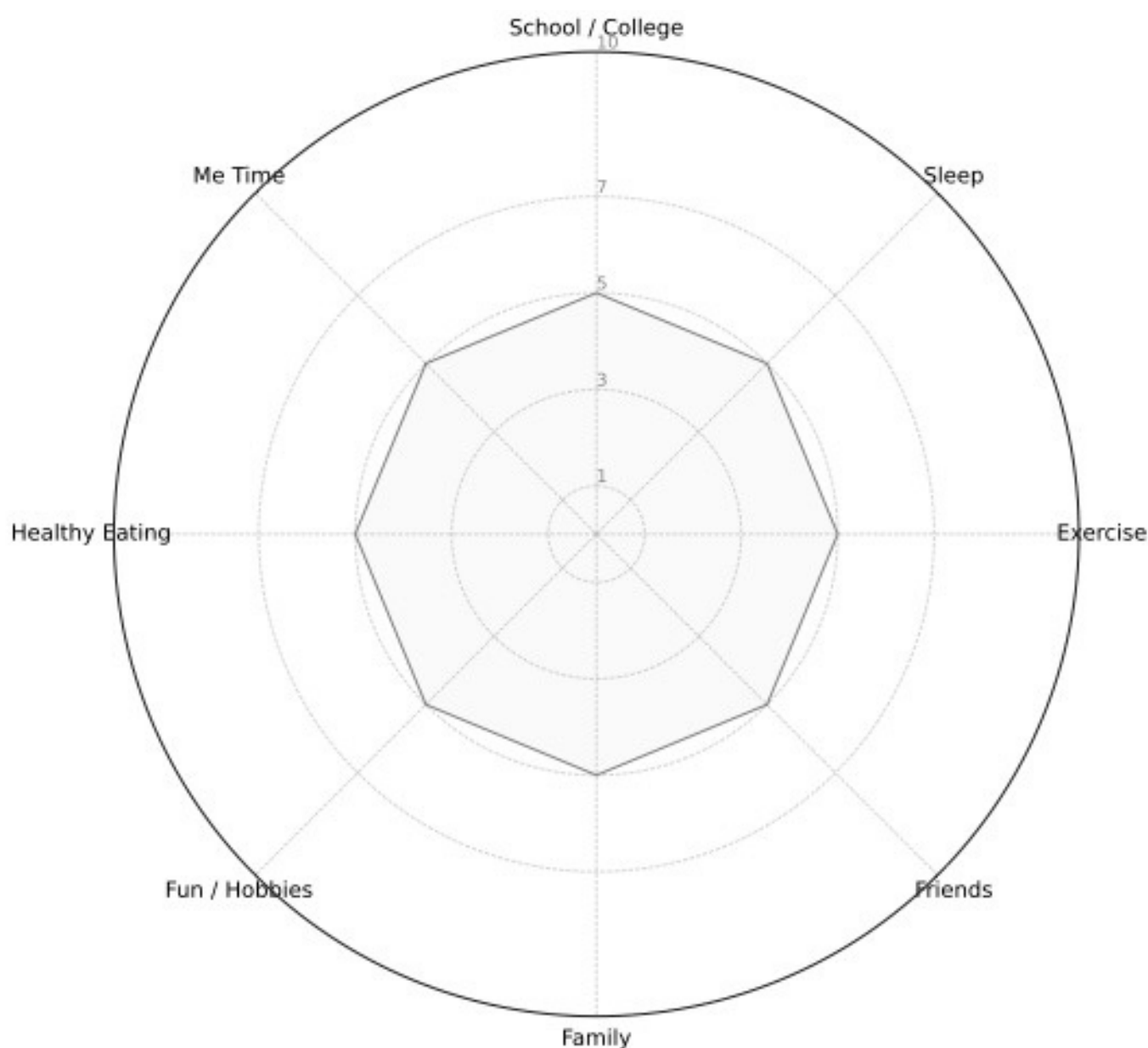


Use a scale of 0 to 10 for each category

0 = Very Dissatisfied

10 = Completely Satisfied

After rating each category, connect the marks to form an enclosed shape within the wheel.



Ask yourself:

Is the shape smooth and balanced?

Where are the lowest ratings?

What areas need attention or support?

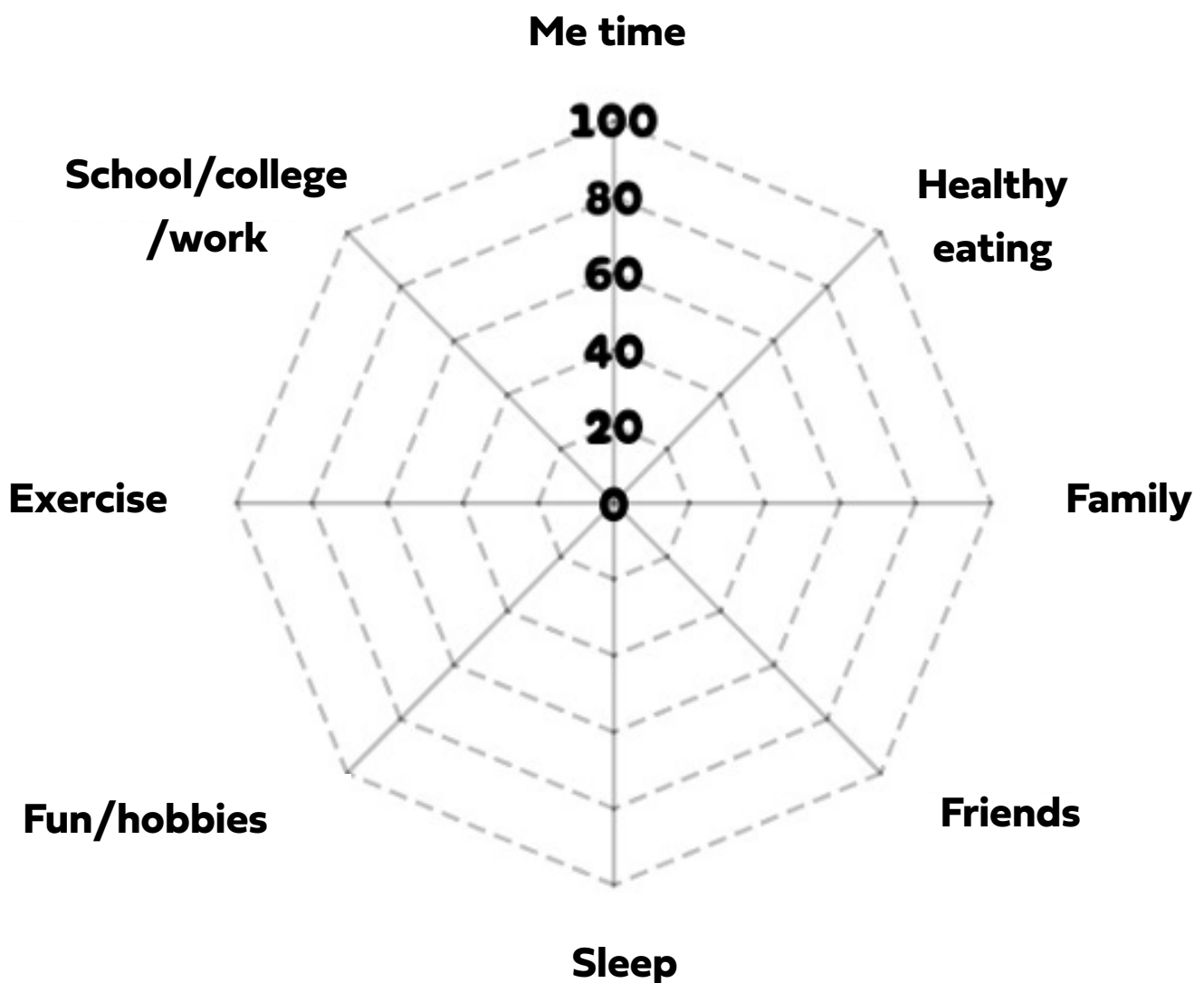
Wellbeing wheel

Use a scale of 1 to 10 for each category

0 = Very Dissatisfied

100 = Completely Satisfied

After rating each category, connect the marks to form an enclosed shape within the wheel.



Ask yourself:

Is the shape smooth and balanced?

Where are the lowest ratings?

What areas need attention or support?