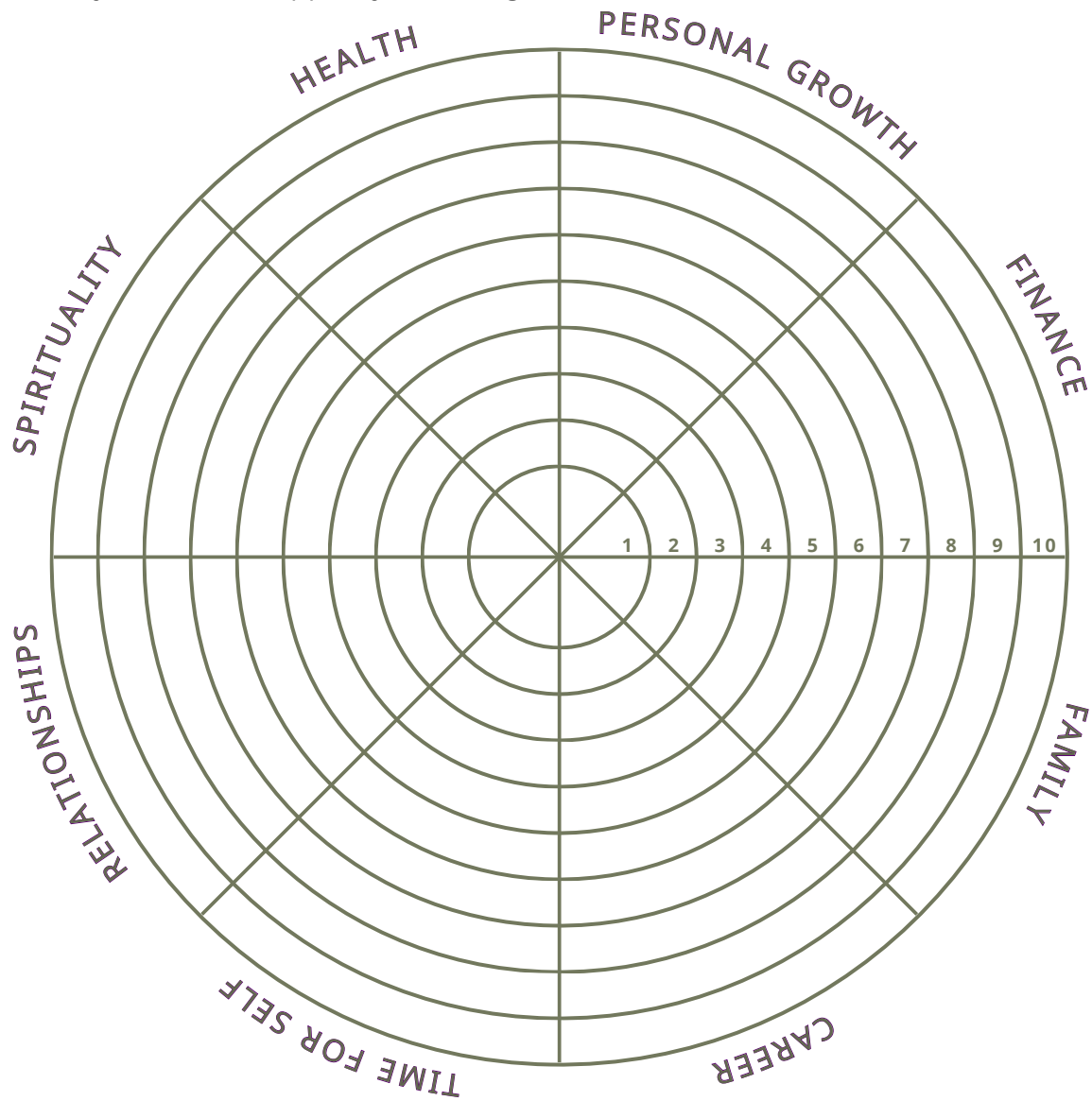


WHEEL OF LIFE

@banksia_space

This tool helps us to reflect on the areas of life that we may need to give some additional attention to. Move through the wheel by plotting out each category with a dot. 1 represents needs more attention and 10 is total fulfillment. Join the dots together and journal your findings. What small changes could you make to support yourself right now?



Reflections

notes

GRATITUDE

journal

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

1

2

3

DAILY AFFIRMATION

SOMETHING I'M PROUD OF

Daily Reflection

TODAY I ACHIEVED...

THINGS THAT MADE ME HAPPY:

INTENTION FOR TOMORROW:

NOTE TO SELF

DAILY GRATITUDE LIST

