

# The Wheel of Self-Care

🕒 Time: 15+ Minutes

📊 Difficulty: Easy

## How to Use This Tool:

**01. Identify Segments:** Label each of the seven segments of your Self-Care Wheel with crucial aspects of self-care. These might include 'Physical', 'Emotional', 'Intellectual Care', 'Personal', 'Spiritual', 'Professional'.

**02. Rate Your Current State:** Reflect on your current state for each segment on a scale of 1 to 10, with 1 being "Very Poor" and 10 being "Excellent". Be honest with your self-assessment for the most valuable insights.

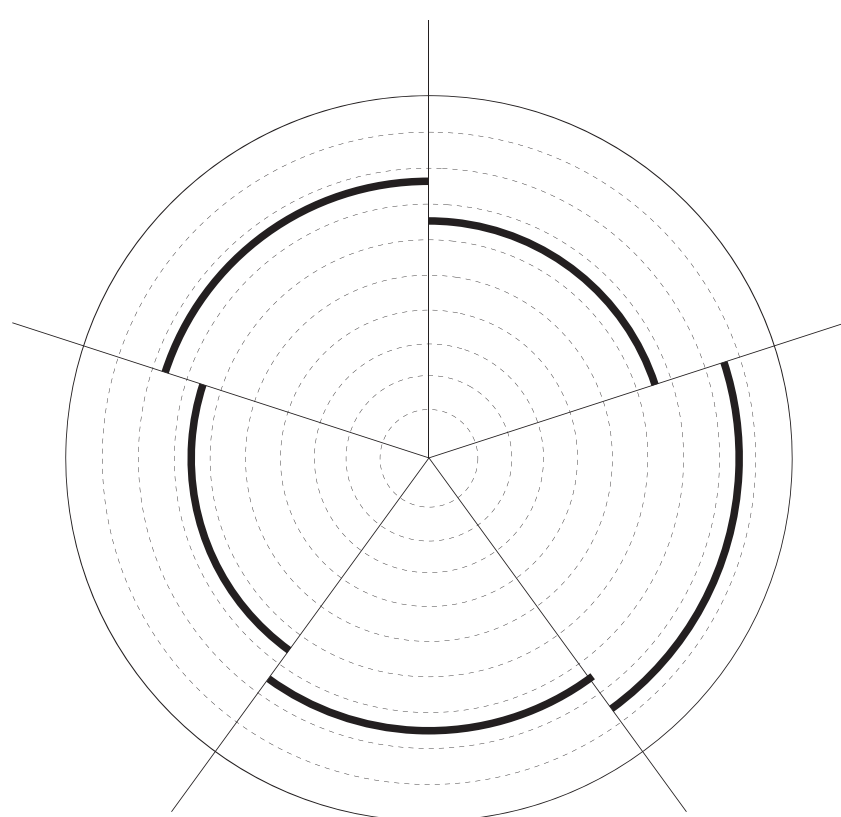
**03. Draw Your Wheel:** Connect your marks to form the outer edge of your Self-Care Wheel. This visual representation will provide a snapshot of your current self-care routine.

**04. Analyze Your Wheel:** Look at the shape of your wheel. A perfectly balanced wheel would suggest a well-rounded self-care routine. An irregularly shaped wheel indicates areas where you are doing well and where there's room for improvement.

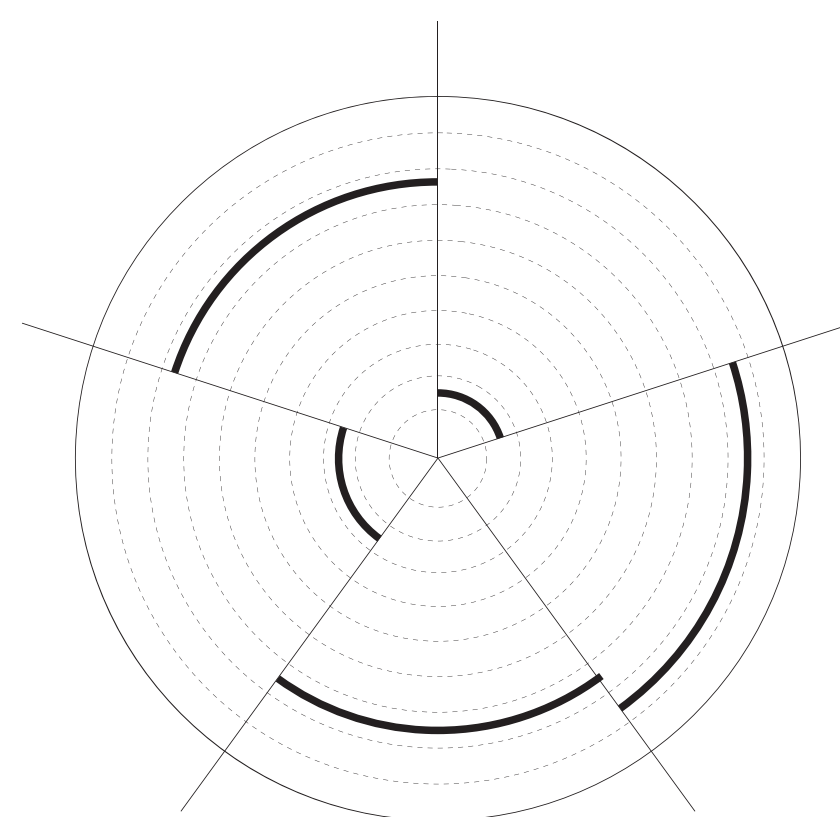
**05. Create an Action Plan:** Based on your analysis, identify the areas where you'd like to improve. Set specific, goals for areas you would like to improve.

**06. Regularly Review and Update:** Revisit your Self-Care Wheel regularly, reassess your scores, and adjust your action plan as necessary. This will help you track your progress over time and ensure that you continue to improve your overall self-care practice.

Example of a Well Balanced Wheel



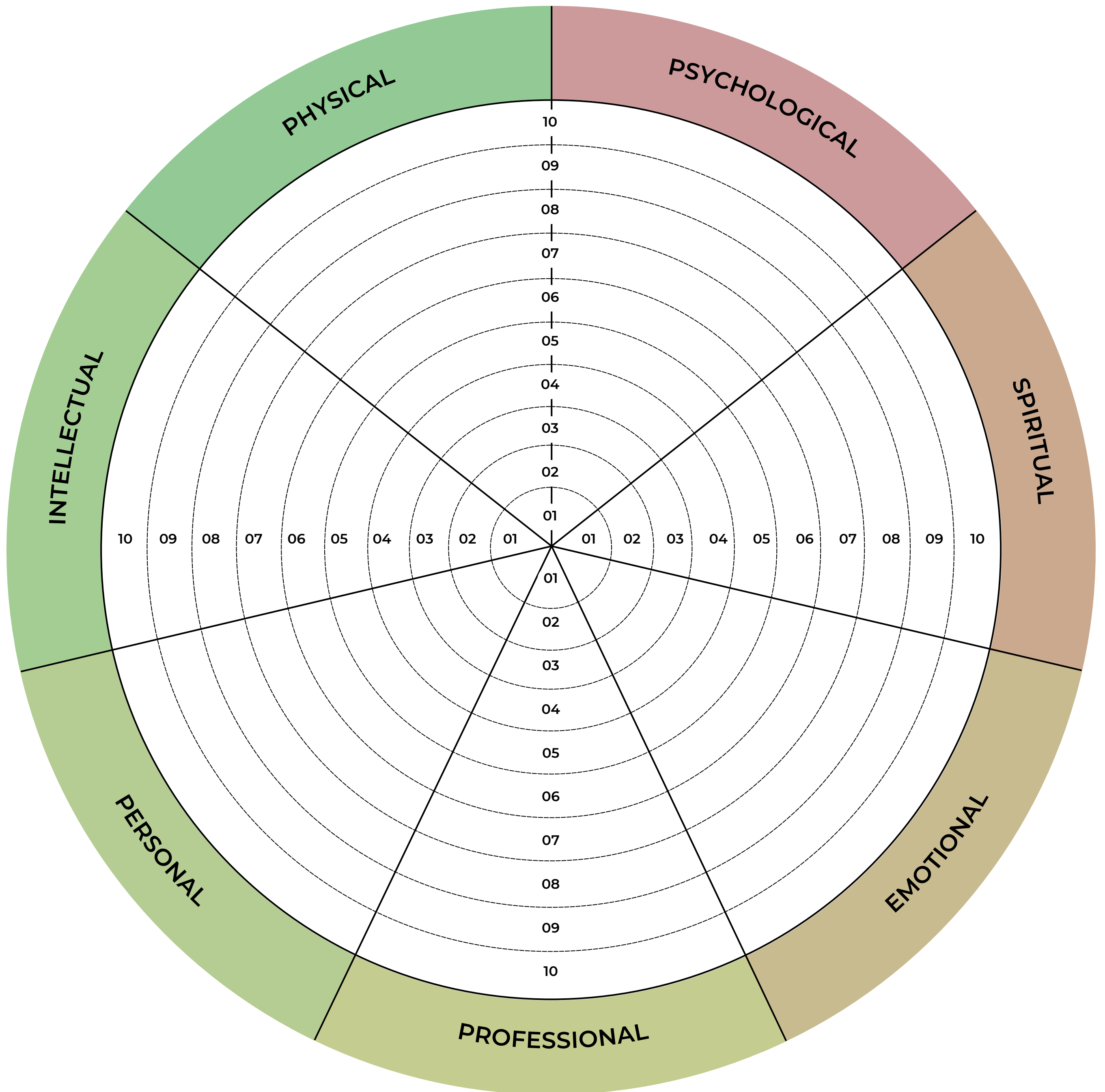
Example of an Unbalanced Wheel



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### Instructions:

01. Mark your score in each of the categories on the scale of 1 to 10.
02. Use the worksheet on the next page to analyze your wheel.

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01 Is your wheel balanced or unbalanced?

02 How do you feel about your results?

03 What habits or routines could you change to improve your scores?

04 How would these changes positively impact your life? (short and long term)

05 If you do not change anything, what are the long term consequences?