

# Personal Formation Wheel

On a scale from 1 (very satisfied) to 10 (fully satisfied) rank your overall satisfaction for each category by coloring the pie segments accordingly. You can also write in the subcategories on different rings to personalize this self-awareness tool. Consider revisiting the wheel every few months and talking about it with a friend or counselor.

## Life Management

- Time
- Financial Literacy
- Physical Environment
- Goal Setting
- Compulsivity

## Life Purpose/Vocation

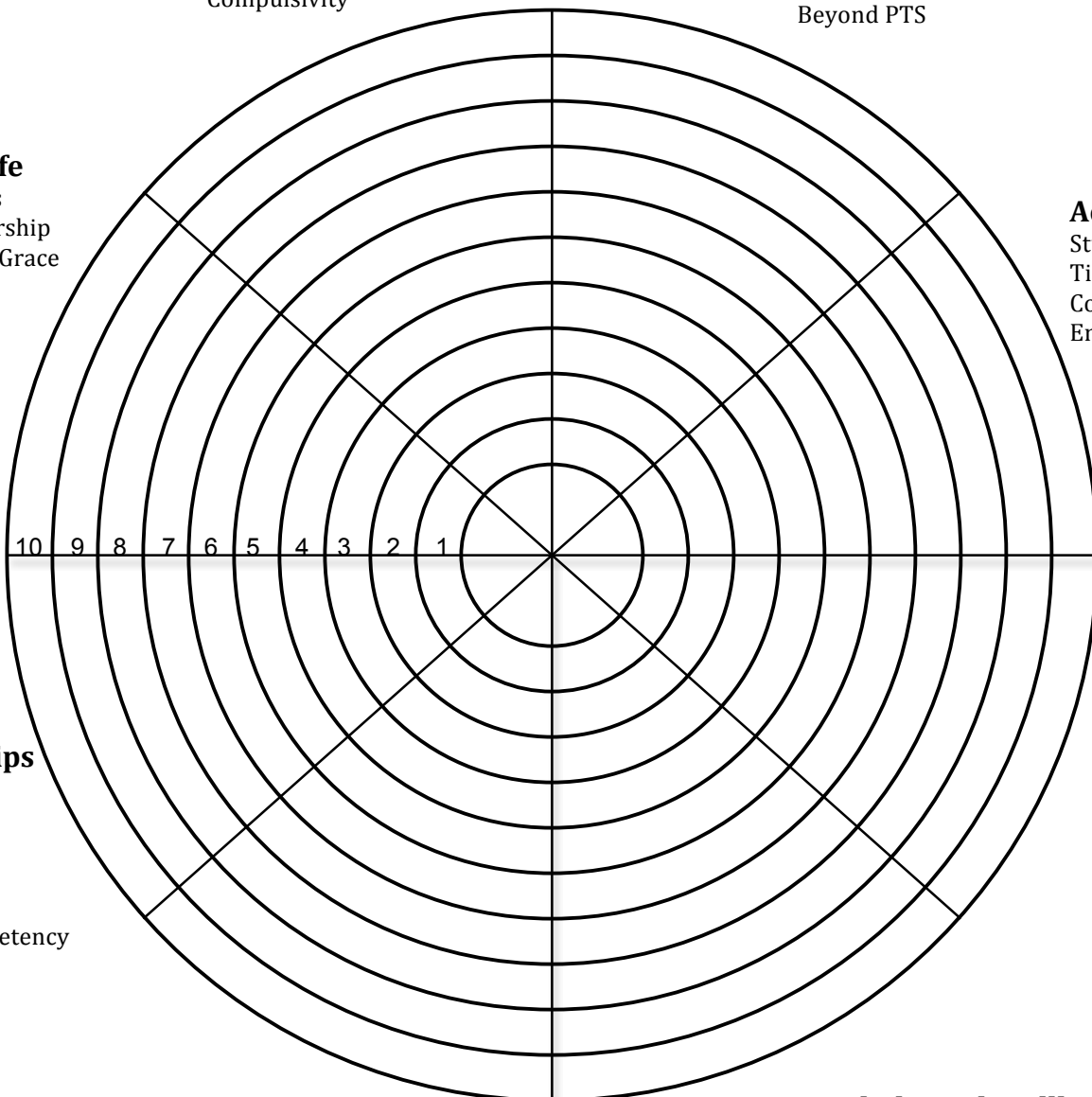
- Discernment of "Call"
- Contribution
- Career Planning
- Beyond PTS

## Spiritual Life

- Faith Practices
- Corporate Worship
- Acceptance of Grace

## Academics

- Study Skills
- Time Management
- Completion
- Engagement



## Relationships

- Friends
- Family
- Partners
- Parenting
- Sexuality
- Cultural Competency

## Recreation

- Fun
- Social Life
- Creativity

## Physical Wellbeing

- Fitness
- Nutrition
- Sleep
- Stress Management
- Substance Use

## Psychological Wellbeing

- Stress Management
- Seeking Support
- Emotional Resilience
- Self-Worth
- Self-Care
- Self-Awareness
- Openness to Feedback