Personal Formation Wheel

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

**Physical Wellbeing**
- Fitness
- Nutrition
- Sleep
- Substance use
- Self-care

**Vocation**
- Life purpose
- Discernment
- Contribution to others
- Career planning
- Goal setting

**Spiritual Life**
- Faith practices
- Corporate worship
- Acceptance of Grace

**Academics**
- Engagement
- Study skills
- Time management

**Relationships**
- Friends
- Family/Partners
- Intimacy
- Cultural humility
- Communication skills

**Fun**
- Recreation
- Social life
- Creativity

**Financial Wellbeing**
- Setting a budget
- Living within my means
- Organization
- Giving within my means

**Emotional Wellbeing**
- Stress management
- Resilience
- Self-worth
- Healthy boundaries