

WHEEL OF LIFE

ADHD
BIG BROTHER

Instructions:

Take time to ponder each of the following areas of your life. On a scale of 1-10, how satisfied are you in that area of life?

When complete, look at your wheel of life in its entirety and ask yourself...

“In what areas of life am I clearly out of balance?”

“What can I do, this week, to increase my satisfaction in this area of life?”

