

Level Up Wellness

Wheel of Life Worksheet

Hi, I'm Victoria & I'm Here to Guide You on Your Path to Empowerment.



Level Up Wellness

Introduction

Welcome!

I see you, looking to take your first steps towards silencing your inner critic, healing your past, and reclaiming your power. And I'm here to help.

As a Creative Arts Therapist, Licensed Professional Counselor, ADHD Certified Clinical Services Provider, and Advanced Drug & Alcohol Counselor, I specialize in guiding motivated women like you towards transformative change.

Through my intensive therapy practice, we'll embark on an interactive journey:

- **Leave the negativity behind:** Say goodbye to the harsh whispers of your inner critic. We'll nurture self-compassion and discover your authentic voice.
- **Heal your inner child:** Break free from the shackles of generational trauma. Unleash your inner wisdom and rewrite your narrative.
- **Master your ADHD:** Gain practical skills and strategies to manage your symptoms and thrive. Achieve focus, productivity, and peace of mind.
- **Ditch the self-sabotage:** Let go of limiting habits and reactions that hold you back. Embrace conscious choices and empower yourself to live with intention.

But it's not just about talking! My approach blends live video sessions with a dynamic, interactive portal in Notion.

This is your personalized hub for:

- **Targeted assessments:** Gain deeper insights into your strengths and areas for growth, just like the one you've already completed.
- **Practical skills and tools:** Access a library of resources, exercises, and trackers to support your progress.
- **Data-driven tracking:** Celebrate your accomplishments and visualize your journey through data and milestones.

Ready to break free and become the unstoppable you?

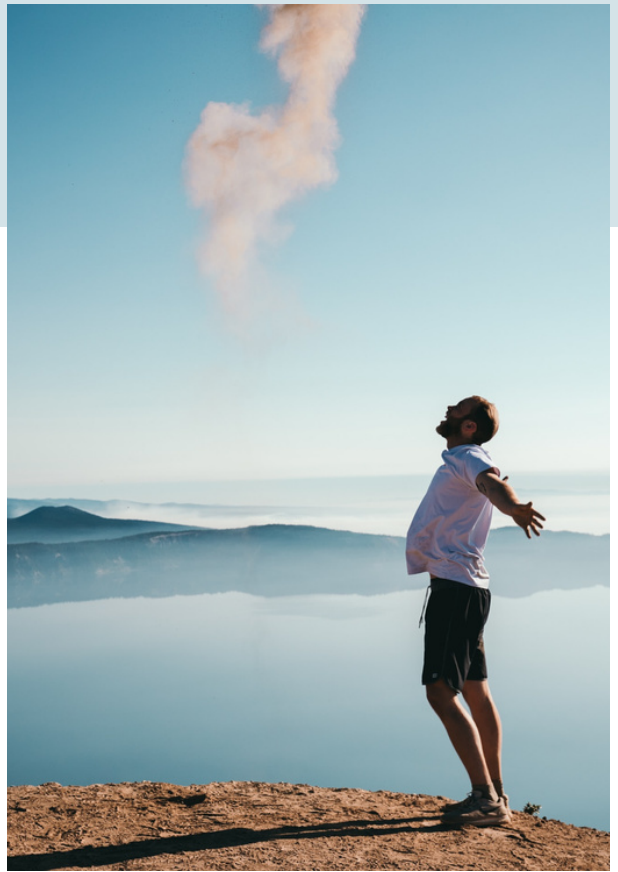
Schedule your introductory consultation today and experience the power of intensive therapy.

Let's unlock your potential, together.



Level Up Wellness

Wheel of Life Assessment



The Wheel of Life is a self-assessment tool designed to provide you with a comprehensive view of various aspects of your life.

It offers a visual representation in the form of a segmented circle. Allowing you to assess your life's balance and identify areas that may require attention.

Benefits of the Wheel of Life Exercise:

- This tool enables you to comprehensively assess multiple dimensions of your life, helping you gain a deeper understanding of your overall well-being and pinpoint areas requiring attention.
- Its visual representation effortlessly highlights imbalances, promoting a clear awareness of different life aspects.
- By identifying categories with lower ratings, you can prioritize specific areas for enhancement, guiding you to allocate resources and energy more effectively.
- Moreover, the process of setting goals for each category generates a structured pathway for your personal development, motivating you to work towards a more balanced and fulfilling life.
- The tool also fosters accountability and motivation as you track your progress over time.
- Ultimately, the Wheel of Life exercise serves as a valuable method for self-reflection, encouraging well-rounded growth and improved life satisfaction.

Wheel Of Life

How It Works

The Wheel of Life is divided into different categories, which can vary based on personal preferences and priorities.

The categories used in the following wheel include:

- Health & Well-Being
- Career & Work
- Money & Finances
- Personal Growth
- Family & Relationships
- Social & Community Involvement
- Fun & Recreation and;
- Physical Environment



Each category is represented by a segment of the circle.

You rate your satisfaction in each category on a scale from 1 to 10 and connect the dots to visualize overall balance.

This reflection prompts you to identify areas for improvement, so you can set actionable goals, and create an action plan.

Regular review and goal tracking lead to enhanced well-being and personal development, making the Wheel of Life a versatile tool for achieving a more balanced and fulfilling life.

Wheel Of Life

Prompt Questions

Using the prompts below, rate each category on the wheel from 1 to 10. Where 1 indicates dissatisfaction or poor performance, and 10 indicates complete satisfaction or high performance.

Health & Well-being: How satisfied are you with your physical health and overall well-being? Are you happy with it or are there areas needing improvement?

Career & Work: Think about your job. What do you like about it? Does it bring you satisfaction and fulfilment?

Money & Finances: How stable do you feel about your money situation? Does it give you peace of mind? Does it provide you with the freedoms you desire?

Personal Growth: Are you committed to learning, growing and developing? Is your current level of commitment adding value to your life?

Family & Relationships: How do you feel about your relationships with family, friends and loved ones? What is the level of connection you share?

Social & Community Involvement: Are you involved in your community and with others? What impact do your contributions have?

Fun & Recreation: How often do you do things that make you happy and relaxed? What is the current impact on your overall well-being?

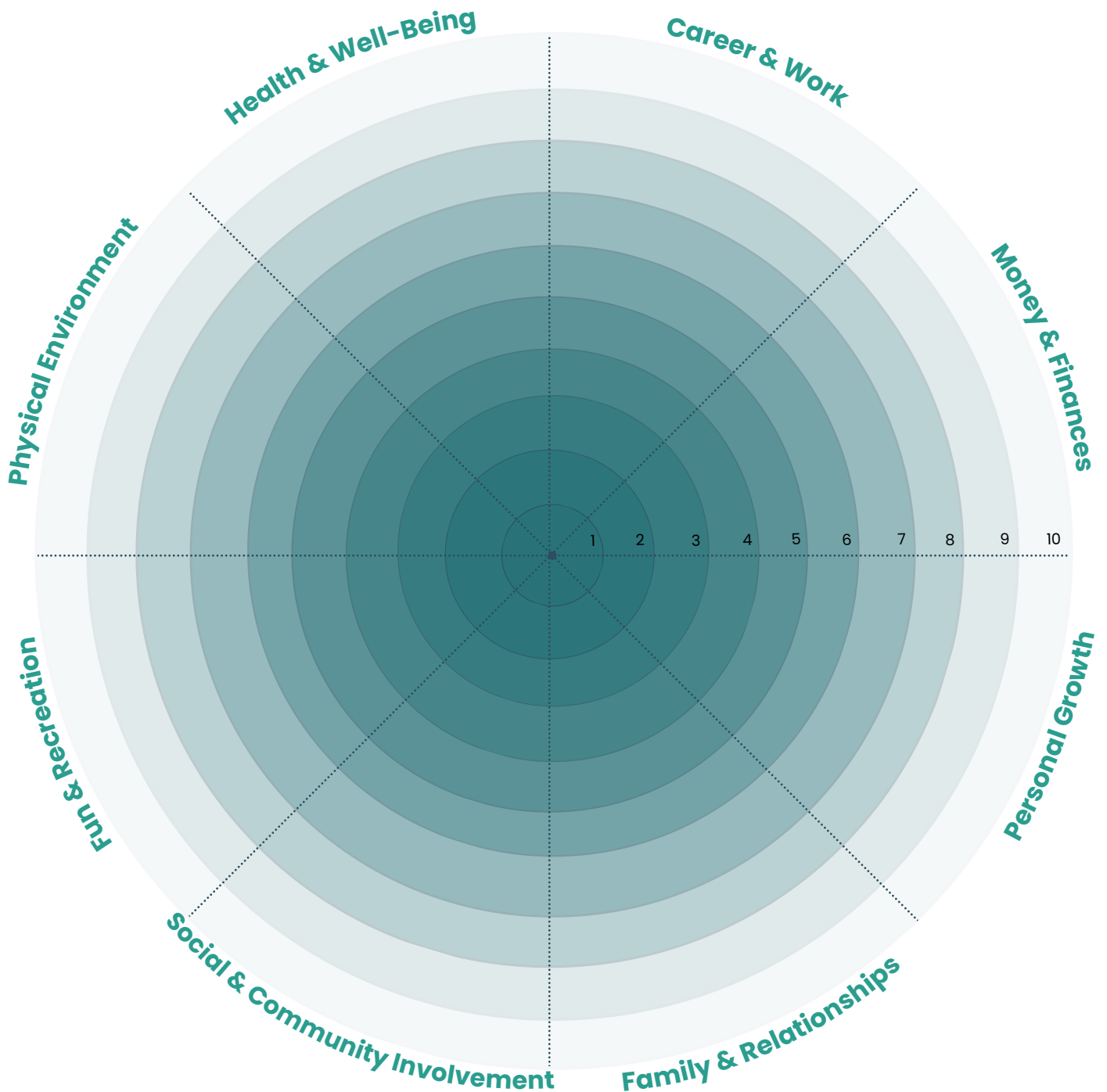
Physical Environment: Look around where you live. How does it affect how you feel? How content are you with your living environment and surroundings?



Wheel Of Life

Rate & Connect the Dots

Mark the rating on the corresponding section of the wheel. Then, connect the dots between the ratings to create a visual representation. This will give you an overall picture of your current life balance.



Wheel Of Life

Identify & Set Priorities

Take a look at the completed Wheel. Is the resulting shape well-rounded, indicating a balanced life? Or, is it uneven, suggesting areas of imbalance?

Identify the 3 categories with the lowest ratings

Why? Focusing on specific areas allows for a more concentrated and manageable approach, preventing overwhelm and burnout that might arise from trying to address every aspect simultaneously.

By narrowing down the focus to the categories that need the most attention, you can allocate your time, energy, and resources more efficiently, leading to more tangible and measurable progress. This approach also ensures that efforts are targeted where they are most needed, maximizing the potential for meaningful change.

As improvements are made in the prioritized areas, a positive ripple effect often extends to other parts of life, gradually contributing to an overall sense of well-being and fulfillment.

Therefore, by beginning with the categories that require the most attention, you can create a strong foundation for your personal growth journey and gradually work towards achieving a more balanced and satisfying life.

CATEGORY 1

CATEGORY 2

CATEGORY 3

Wheel Of Life

Reflect and Consider

Reflect on what the Wheel of Life reveals about your current situation with the following prompts.

Health & Well-being:

How will you prioritise and improve your exercise routine, nutrition and well-being activities?

Career & Work:

Envisioning your career aspirations, what steps can you take to move yourself closer to your short and long-term professional goals?

Money & Finances:

What strategies can you adopt to better manage your finances, reduce debt and move towards financial empowerment?

Personal Growth:

What new skills or hobbies would you like to explore in the next year? What actions will add more value to your life?

Family & Relationships:

What steps can you take to strengthen your connections and spend more quality time with loved ones? How can you make more room for them in your life?



Social & Community Involvement:

What opportunities or social activities could you participate in to enhance your community involvement?

Fun & Recreation:

What activities or hobbies have you been wanting to try but haven't made time for? What actions do you need to take to make room for them in your life?

Physical Environment:

In what ways can you improve and organize your living space to create a more comfortable and inspiring environment?

Wheel Of Life

Set Goals & Create a Plan

By establishing clear goals, you can provide yourself with clear targets to strive for, offering direction and a sense of purpose.

An action plan takes the process further by breaking down these goals into manageable and actionable steps. It transforms a larger goal into a series of smaller, achievable tasks, making the process more achievable.



Ultimately, by setting clear goals and crafting an action plan, you can bridge the gap between intentions and tangible actions.

Subsequently leading to practical changes and a heightened sense of empowerment on your journey toward a more balanced life.

Goal Setting

Using the reflections made with the prompts on the previous page, consider a goal you would like to achieve for each of your 3 prioritised categories.

Then, on the following pages, you can devise an action plan for each.



Pro Tip: Use SMART goals to write goals, so that they are broken down in a way that can be achievable!

Wheel Of Life

Goal 1 Action Plan

GOAL:

DUE DATE:

ACTION STEPS:

POSSIBLE OBSTACLES:

RESOURCES TO HELP:

REWARD:

NOTES:

Wheel Of Life

Goal 2 Action Plan

GOAL:

DUE DATE:

ACTION STEPS:

POSSIBLE OBSTACLES:

RESOURCES TO HELP:

REWARD:

NOTES:

Wheel Of Life

Goal 3 Action Plan

GOAL:

DUE DATE:

ACTION STEPS:

POSSIBLE OBSTACLES:

RESOURCES TO HELP:

REWARD:

NOTES:

Moving in the right direction....

Thank you for taking the first step on your journey of transformation! Completing the assessment was a powerful move, and I hope you found it enlightening and even enjoyable.

Did it feel different, having clear guidance and a visual framework to start setting your goals? Maybe less daunting than facing a blank page in a traditional therapy session? Perhaps if you've tried therapy before, feeling lost in the process, these interactive tools and intuitive prompts could be the missing piece you were looking for.

My intensive therapy package is designed to offer this kind of ongoing support and self-discovery. You'll have access to similar assessments, some on Google Sheets for deeper data analysis and visualization, creating a personalized roadmap for your growth.

While this comprehensive program isn't covered by insurance due to its extended access to tools and therapists beyond the typical 50-minute session, please don't let cost be a barrier to building the skills to live your best life.

Instead, let's chat! Schedule a free consultation with me, and we can tailor a plan that fits your needs and budget. Together, we can unlock your potential and guide you towards the fulfilling life you deserve.

Warm regards,

Victoria Prisco, LCAT, LPC, CAADC, ADHD-CCSP

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