

Daily Work/Life Integration Log

My goal for work/life integration is:

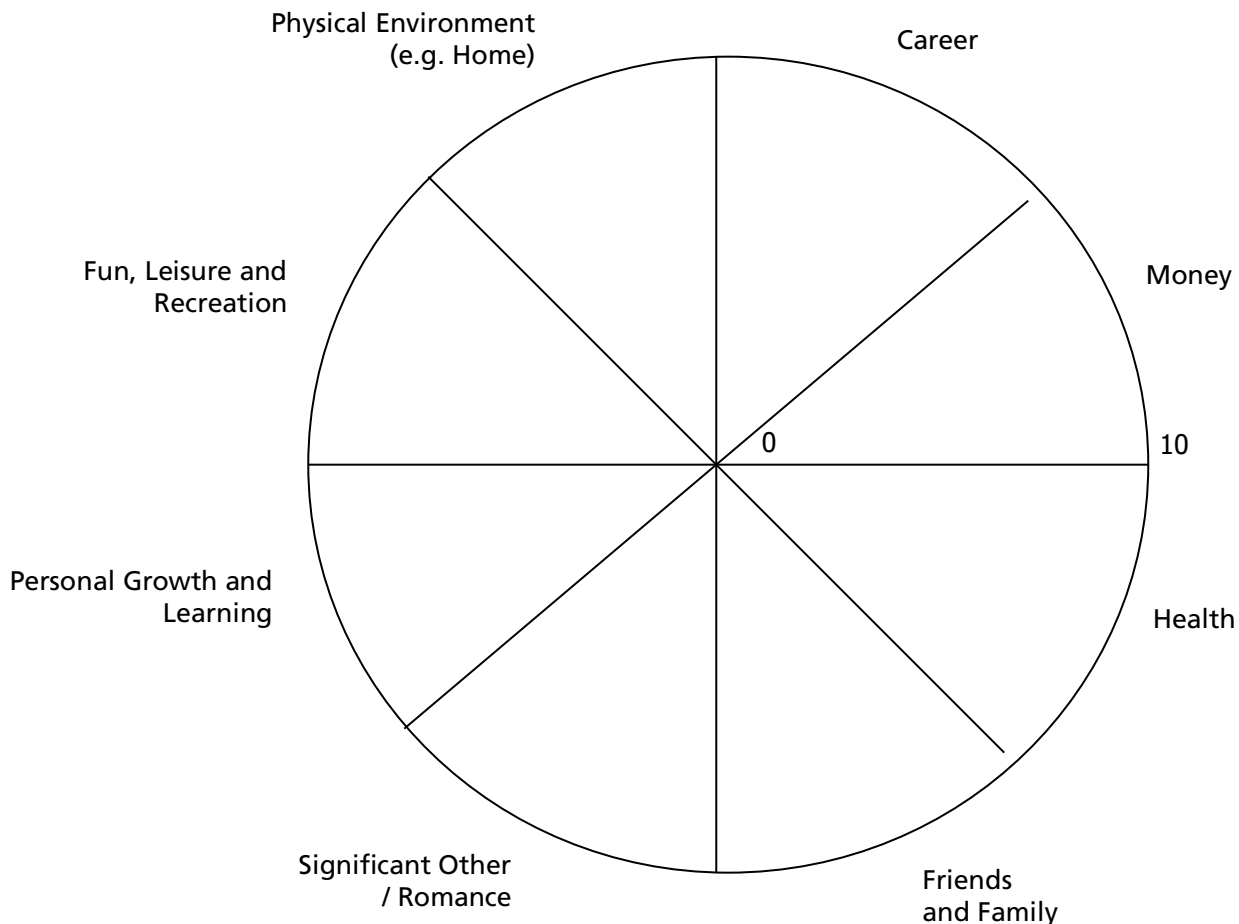
This week it looks like:

What have I done today to create this? *(For Example)*

- Physical health
- Mental health
- Emotional health
- Social well being
- Spiritual well being

NOTES:

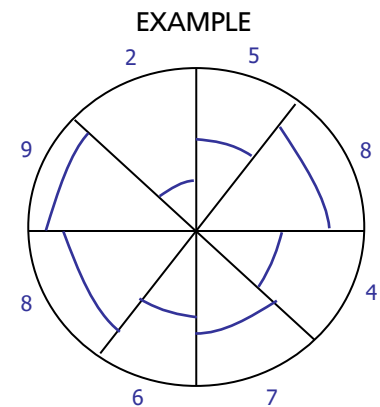
The Wheel of Life



WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents your 'Wheel of Life'. Is it a bumpy ride?



Wheel of Life and graphics courtesy of: UP Coaching LLC: Unlimited Potential Coaching