PERSONAL LIFE REFLECTION SURVEY



WHEEL OF LIFE Stress, Health, & Life - Survey Question

name:

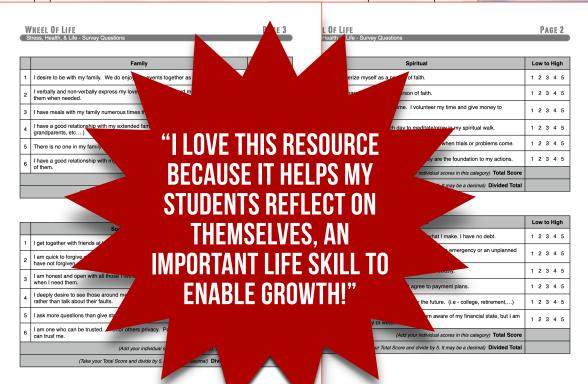
Directions: This survey is to assess where you are at in life, give you encouragement where you are succeeding, and shed a light on areas for improvement. Be honest and truthful with yourself to gain the most accurate results. Use these questions and the scores received, to complete the "Wheel of Life" on the final page.

	Physical	Low to High		
1	I exercise to a sweat at least 3x a week for 20 minutes. I am in shape.	1 2 3 4 5		
2	I eat a full healthy breakfast every day.	1 2 3 4 5		
3	I drink at least 8 glasses of water each day. I do not drink more than 1 caffeinated or carbonated beverage per day.	1 2 3 4 5		
4	I get 7-9 hours of quality sleep each night.	1 2 3 4 5		
5	I eat well-balanced portions of fruits, vegetables, and proteins. I avoid excess quantities of preservatives, processed foods and sugar.	1 2 3 4 5		
6	I am on media devices no more than 2 hours a day. (phone, computer, TV, gaming)	1 2 3 4 5		
	(Take your Total Score and divide by 5. It may be a decimal) Divided Total			

	Mental	Low to High
1	I refrain from complaining, excuses and negative perspectives. I am known to look for positive perspectives in situations.	1 2 3 4 5

REFLECTION SURVEY

- 8 AREAS OF HEALTH
- 6 QUESTIONS EACH
- 4 TOTAL PAGES
- ADD UP THE FINDINGS
- GRAPH THE RESULTS



/ Productivity	Low to High					
ality and completeness.	1	2	3	4	5	
h time for all aspects of life. I don't feel rushed	1	2	3	4	5	
ways to be productive.	1	2	3	4	5	
I know what to do.	1	2	3	4	5	
t constantly thinking of the last thing I did or the	1	2	3	4	5	
st or relaxation" once a week. (other than sleep)	1	2	3	4	5	
your individual scores in this category) Total Score						
and divide by 5. It may be a decimal) Divided Total						

Lifestyle			Low to High							
things to expand my experiences and les, instruments, theatre, sports, outdoors, etc)	1	2	3	4	5					
thankful for the opportunity.	1	2	3	4	5					
ort, and complete my assignments on time.	1	2	3	4	5					
nobbies at least twice a week.	1	2	3	4	5					
nd review my personal life-plan.		2	3	4	5					
rent state in life.		2	3	4	5					
your individual scores in this category) Total Score										
and divide by 5. It may be a decimal) Divided Total						ı				

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WHEEL OF LIFE RESULTS

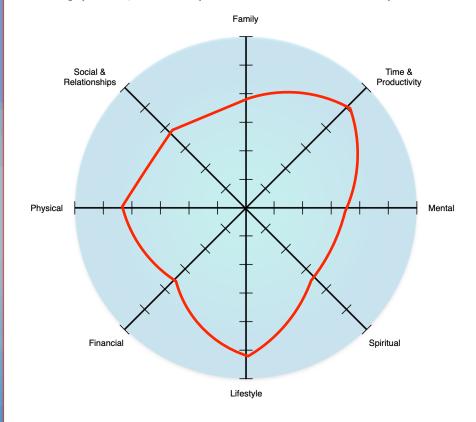
STUDENTS WILL
GRAPH THEIR
RESULTS ON EACH
SPOKE OF THE
WHEEL TO
DETERMINE HOW
THEIR LIFE IS
ROLLING ALONG

AREAS OF REFLECTION

- PHYSICAL HEALTH
- SOCIAL HEALTH
- FAMILY HEALTH
- TIME MANAGEMENT
- MENTAL HEALTH
- LIFESTYLE HEALTH
- FINANCIAL HEALTH
- **→ SPIRITUAL HEALTH**



Directions: Take the divided total from the completed categories and correctly mark this score on the appropriate spoke in the "Wheel of Life," starting from the center and counting out (1 point for each notch). Next, connect all 8 of your markings, like playing connect the dots, and see how your wheel looks. The rounder your wheel is, and the larger your wheel is, then the smoother your ride in life will be and the lower amount of stress you will have.



Reflection Questions: How is your life is rolling along? What areas are going well? What areas are flat and need improvement? Look back at the questions that had a lower score. Like any wheel, what needs attention and some extra maintenance? What practical items need to be addressed?

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REFLECTION AND DISCUSSION QUESTIONS ALSO INCLUDED

