

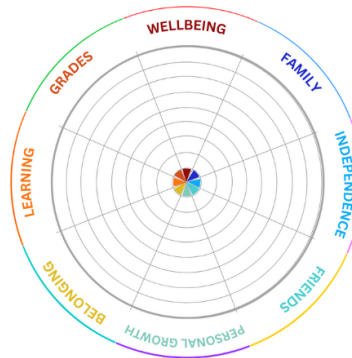


The Wheel of Life for Teens

Evaluate. Estimate. Engage.

The *Wheel of Life for Teens* is an exercise to help adolescents assess and evaluate their engagement and satisfaction across eight important areas of their lives.

1. Wellbeing
2. Family
3. Independence
4. Friends
5. Personal Growth
6. Belonging
7. Learning
8. Grades



Instructions: Consider your current satisfaction with each of the eight life areas and shade in the slices of the circle starting from the center (slice 1 - lowest satisfaction) and moving outward (slice 8 = highest satisfaction).

Look at your completed wheel. Based on your shadings is there balance across the eight areas? Would your wheel roll smoothly or are there imbalances across the areas that may be creating a bumpy ride?

Most of us have at least one or two areas that contribute to imbalance. Focus on these areas as opportunities to make improvements for your overall life satisfaction. Use the table below your wheel to brainstorm some ideas!

Here are some things to consider when evaluating each area:

WELLBEING - Think about how much movement/exercise and sleep you are getting. How's your mental health? How do you cope with stress? What are your eating habits and nutrition like?

FAMILY - Do you feel supported in your family and connected to family members? Are you happy with the communication and level of openness? Do you experience respect, trust, and a sense that someone has your back?

INDEPENDENCE - Think about how much control you feel you have over your own life and decisions. Do you struggle with making decisions or defer to others?

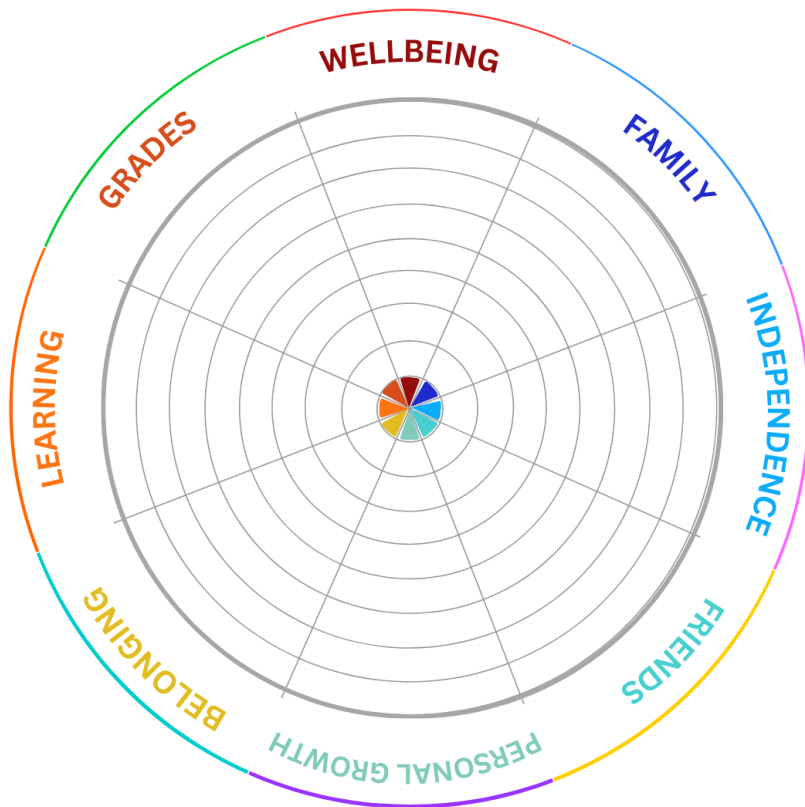
FRIENDS - Quality, not quantity is what is important here. Do you have at least one trusted friend? (Note that this area may be related to satisfaction levels for "Belonging".)

PERSONAL GROWTH - What's your relationship with tech like? Do you have hobbies or extracurriculars that you enjoy and work at? Do you have interests outside of academics? Do you follow up on things that make you curious?

BELONGING - A sense of belonging is the opposite of feeling lonely or isolated. How connected do you feel to others? How accepted do you feel by others?

LEARNING - This is not about "checking boxes" and getting good grades. This is actual learning and growing through education. Are you motivated to learn new things (academic or otherwise)? (Note that this area may be related to satisfaction level for "Personal Growth".)

GRADES - This area is about your relationship with your grades. How important are grades to you? How satisfied are you with what your grades reflect about you?



How can I engage to improve my satisfaction across each area?

WELLBEING
FAMILY
INDEPENDENCE
FRIENDS
PERSONAL GROWTH
BELONGING
LEARNING
GRADES