

WHEEL OF LIFE COMPONENTS/DETAILS

Intellectual Pursuits: Includes reading, seminars, courses and other activities that expand your knowledge. These are learning experiences that are outside the realm of career and faith.

Social/Community Service: Activities shared with others outside your immediate family. Can include athletics, dinners, card parties, committee work, charitable efforts, ...

Career: Varies for each individual based on type of role. This need not be a paying job, but also includes family-focused efforts (such as stay-at-home parent, caring for parents,)

Hobbies/Friends: Activities that provide personal satisfaction and may be more individually-focused.

Administrative/Financial: The administration of life -- budgets, insurance, will/trusts, family records,...

Physical Health: Regular activities to keep your body in satisfactory shape. Can include regular trips to the gym, exercise equipment, diet, jogging,...

Family: Is NOT whether you have a family, but whether the relationships have developed and continue to grow and thrive. This includes individual relationships with spouse/significant other and children.

Prayer & Christian Education: Daily meditation and biblical reading part of everyday life? Active in church life and other efforts that promote learning and acting out Christian principles?