

Wheel of Life Exercise:

For New Year Reflection

Instructions:

This exercise is meant to help walk you through a reflection of the past year, and help you celebrate wins, take stock of areas that might need more attention, and set the stage for goal setting for this next year. This exercise is set up to reflect on eight categories. We've written in four of those categories as suggestions, and there are four blanks that you can fill in with what you'd like to review for you or your family.

On the first page there are sections for you to write down (bullet point style) highlights from the year in each of the eight categories. This will be things that went well, things that didn't, and any wins that you'd like to celebrate.

The second page has a place for you to pull the major wins from the previous page, so you can highlight them and celebrate them further. It also has the Wheel of Life. Thoughtfully review your reflection from the previous page, and then mentally rate each category on a scale of 1 (poor) to 10 (awesome). It doesn't have to be perfect, but help give a general idea of how that category went in the past year for you (or your family or homeschool). Then color in the wheel to reflect that rating. (E.g. If you rate "Marriage" as a 5, then color in 5 of the spaces for that category on the wheel.)

Once you've rated and filled in the wheel for each category, you can move on to the section at the bottom of the page. If you've done this exercise before, you can compare your ratings from this year to last year's and make a note of which category experienced the most growth. You can also look at how each category was rated and choose one or two to focus on for the coming year. This is helpful for informing goals that you set for next year.

Bonus: This is a great exercise to do with your spouse!

And of course, this is only a tool. So if you think of ways that it could be adapted to better fit your needs, feel free to go for it!

I hope you find this exercise helpful!

Ashley



Reflection: *What went well? What didn't? What can you celebrate?*

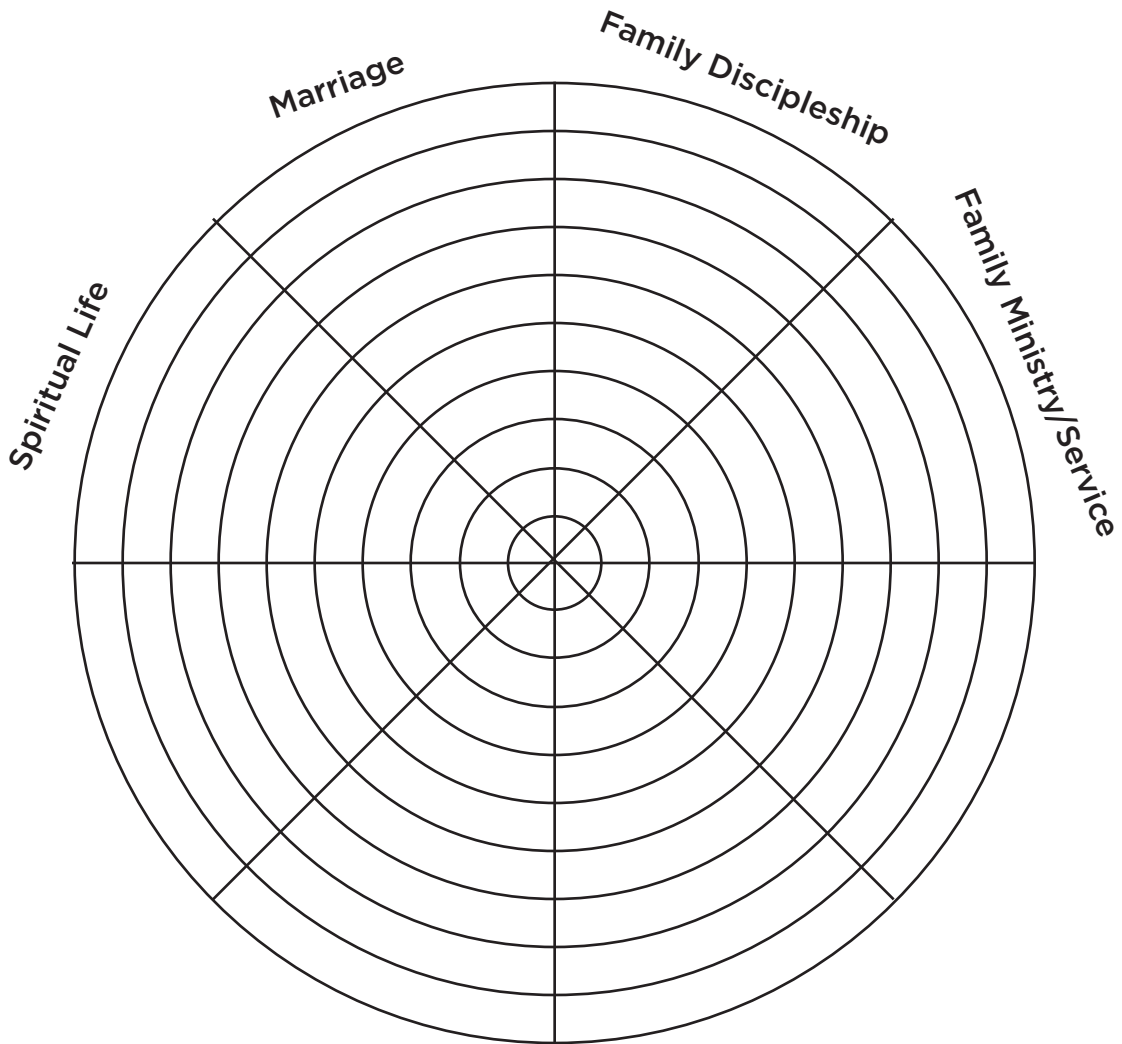
Spiritual Life

Marriage

Family Discipleship

Family Ministry/Service

20__ Wins:



Greatest area of growth: _____

Area of focus for 20__ : _____