

**LIFE BALANCE
WHEEL FOR
TEENS**

PERSONAL GROWTH

Reading
Accomplishments
Positive Affirmations
Motivation
Learning
Reflecting
Confidence
Journal

SCHOOL

Academics
Participation
Homework
Tests
Organizational Skills
Time Management

RECREATION

Fun
Sports
Hobbies
Art
Music
Travel
Dance
Performing

WORK

Internship
Part-Time Work
Career Planning
Goal Setting
Workplace Skills
Leadership
Interest
Exploration
Achievements

FINANCES/MONEY

Savings
Paying for college
Planning
Independence
Security
Create a Budget

ROMANCE

Significant Other
Healthy Relationship
Relationship Skills
Communication

PHYSICAL ENVIRONMENT

Home
Bedroom
Be in nature
Safety

FAMILY

Parents
Siblings
Relatives
Caregivers

SPIRITUAL

Faith
Morals
Religious Beliefs
Practice Forgiveness
Ethics
Life Purpose
Values

SOCIAL

Skills to interact with others
Community Involvement
Events
Enjoyment
Befriend Classmates
Social Media
Making Friends

MENTAL HEALTH

Expression of Emotions
Self-Awareness
Self-Management
Stress Reduction
Anxiety
Depression
Self-Care
Coping Skills

PHYSICAL HEALTH

Exercise
Nutrition
Sleep
Energy
Self-Image
Rest
Drink more water