

Here are some examples of questions for the Wheel of life. Answer these questions with time and honesty for best results, giving yourself time to reflect and improve.

1. Health and Wellbeing
 - How's your energy?
 - What signals has your body been trying to send you?
 - What one nourishing thing could you add to your day to day?
 - Am I nourishing myself with food, rest, movement and mindful care?
2. Significant Other/ Love/ You
 - If partnered: Do you feel seen and supported?
 - If partnered: What kind of love are you giving... and craving?
 - If solo: Do I show myself the love and respect I'd want from a partner?
3. Friends and Family
 - Who makes you belly laugh? Who drains your soul?
 - When did you last truly connect with someone that matters?
 - Are my relationships nourishing or draining?
 - Do I make time for connection, and set healthy boundaries?
4. Leisure and Fun
 - What makes you feel like a big kid again?
 - Are you allowing yourself to play?
 - What would feel silly and wonderful this week?
 - Do I allow myself to enjoy simple pleasures?
5. Career and purpose?
 - Why do you do what you do?
 - Are you lit up by your work.. Or just coasting along?
 - What impact do you want to have?
6. Money and Security
 - Are you in flow or fearful of money?
 - What would feeling safe financially look for you?
 - What one small habit would move things forward?
 - Am I using my money to support the life I truly want?
7. Personal Growth
 - What are you learning right now?
 - What's challenging you to evolve?
 - Is there a part of you that wants to break free?
 - When did I last feel proud of myself?
8. Environment (Home/ Surroundings)
 - Is your space a sanctuary or a stressor?
 - What's one corner you could clear or improve?
 - How does your living space/ environment reflect your inner world (inside you)?