

## End of Year Reflection

It can be helpful to break life down into segments, and to assess where we spend time and if we are satisfied. We call this the Wheel of Life. In the following pages, each question asks you to explore across your life. Feel free to focus on different areas of your life with different questions. Use what is helpful in this packet and leave the rest. You can download the PDF and edit or print, whichever you prefer.

## A Few Definitions

Here is a working definition of each segment in the Wheel of Life. Adjust the words to meet your needs. If you want to scratch a segment, that's up to you. Definitions are provided to get your wheels turning; please make it your own.

**Relationships:** People in your home, chosen and bio families, partners, colleagues, friends, neighbors

**Environment:** Where you are, the surrounding conditions at home and on the planet

**Faith:** Prayer, mindfulness, higher power, collective conscious, spirituality

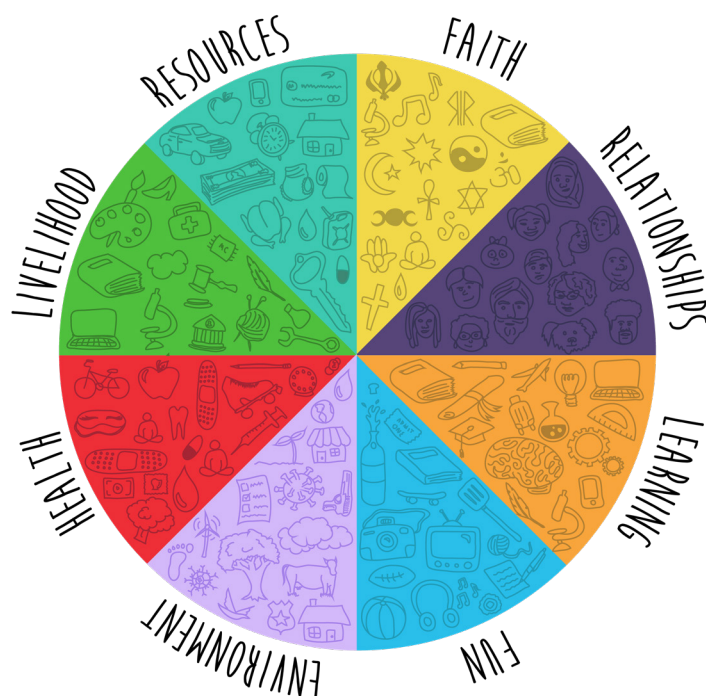
**Learning:** Growing what you know, your skills and experiences

**Livelihood:** How you make money and/or find purpose

**Resources:** Cash, money, debt, mutual aid structures

**Health:** Body, mind, planetary wellness

**Fun:** Recreation, leisure, down-time



**What did I spend my time doing? List activities in each segment.**

**Relationships**

**Environment**

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**Faith**

**Learning**

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**Livelihood**

**Resources**

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**Health**

**Fun**

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**Am I satisfied with how my time is spent? What activities brought me greatest satisfaction?**

**Relationships**

**Environment**

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**Faith**

**Learning**

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**Livelihood**

**Resources**

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**Health**

**Fun**

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**Where are the spots where my time is spent on things I “want” to do VS things I “have” to do?**

**Relationships**

**Environment**

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**Faith**

**Learning**

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**Livelihood**

**Resources**

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**Health**

**Fun**

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Is there any place where I didn't spend time? Do I know why?

**Relationships**

**Environment**

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**Faith**

**Learning**

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**Livelihood**

**Resources**

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**Health**


**Fun**

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**Where was I challenged? Am I perceiving any victories or failures?**

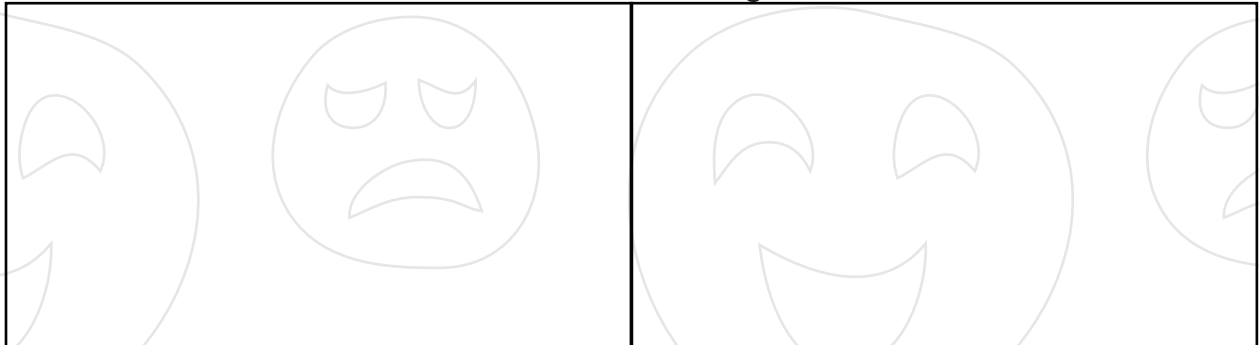
**Relationships**

**Environment**


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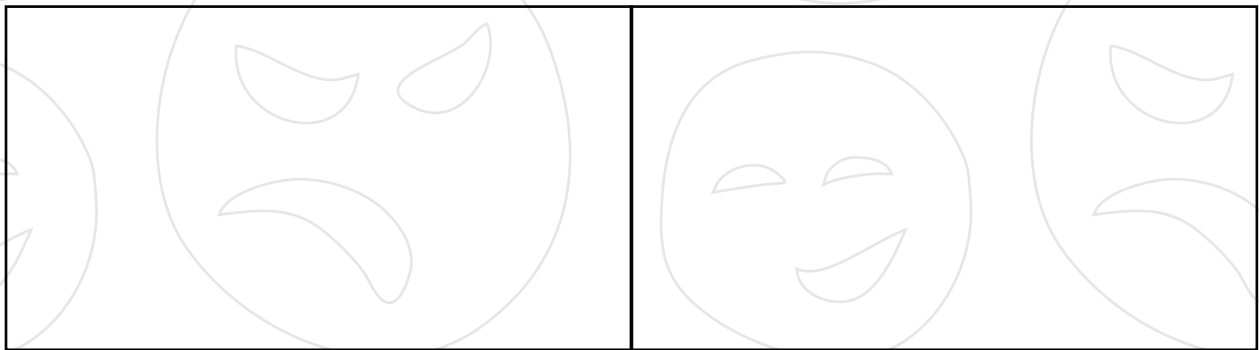
**Faith**

**Learning**


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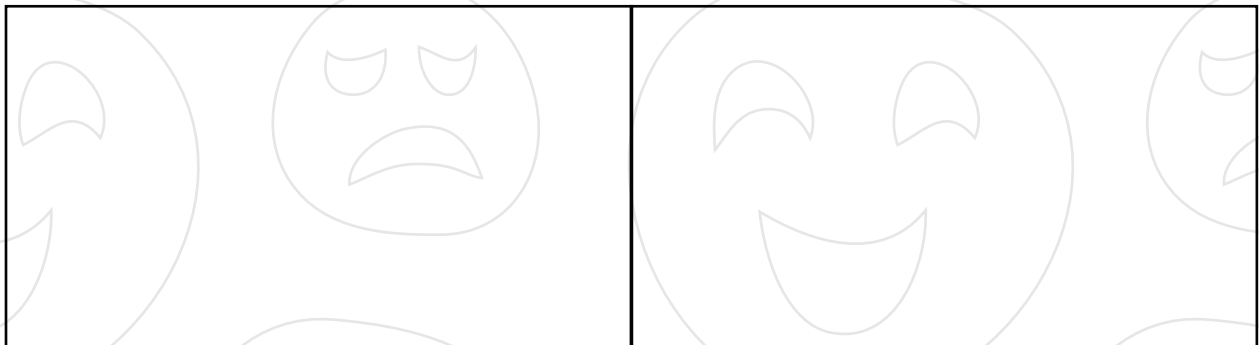
**Livelihood**

**Resources**


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**Health**

**Fun**


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**What conflicts existed? Are they open or resolved?**

**Relationships**

**Environment**

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**Faith**

**Learning**

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**Livelihood**

**Resources**

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**Health**





**Fun**

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**What emotions am I carrying in the different segments?**


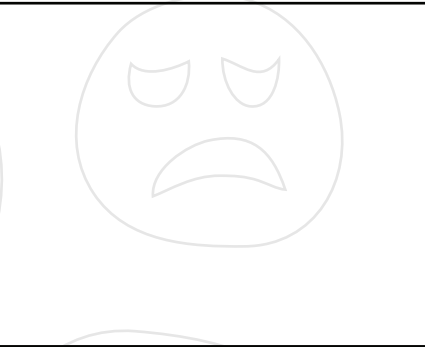
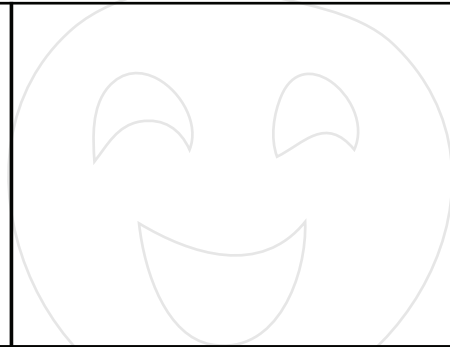

**Relationships**

**Environment**

			
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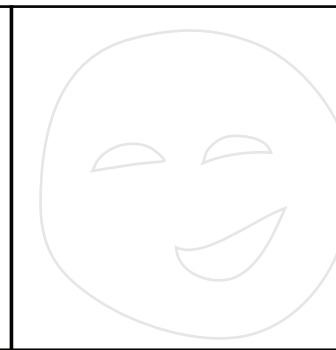
**Faith**

**Learning**

			
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**Livelihood**

**Resources**

			
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**Health**

**Fun**

			
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**Are there any places sucking more energy than I think is productive?**

**Relationships**

**Environment**

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**Faith**

**Learning**

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**Livelihood**

**Resources**

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**Health**

**Fun**

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**When my mind drifts to thinking, how would I categorize the thoughts? What is taking my mental energy?**

**Relationships**

**Environment**

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**Faith**

**Learning**

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**Livelihood**

**Resources**

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**Health**

**Fun**

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**It's next year at this time. The learning from this reflection has been put into practice across your life, with ease. Write a letter of thanks to yourself for the effort you put into 2021.**

Dear 2021 Self,