



DIY: The Wheel of Life Exercise

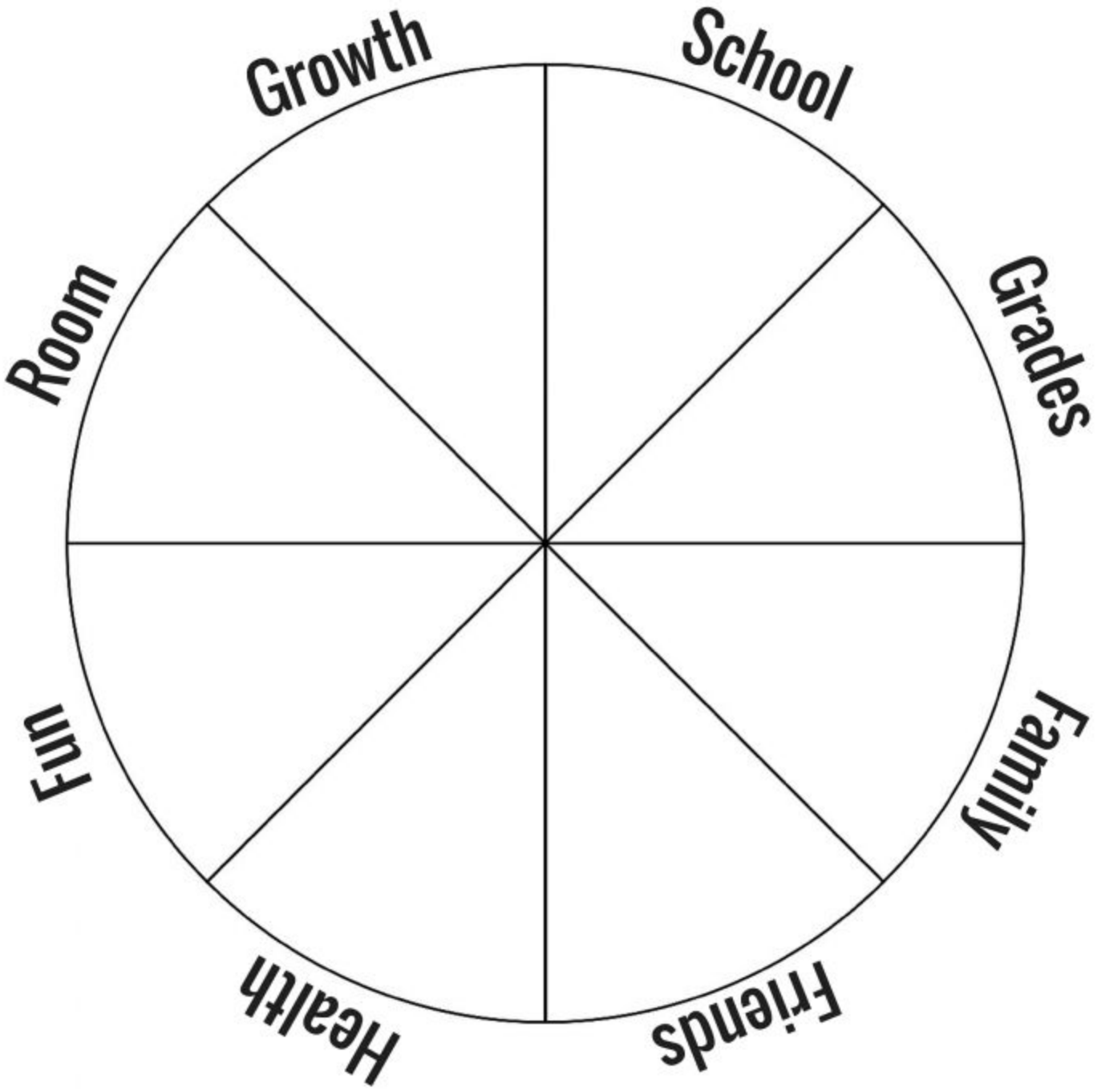
Life Success
for Teens



DID YOU KNOW?

Rarely do students, or anyone for that matter, take **sufficient** time out of their day to step back and assess the **broader picture** of their lives.

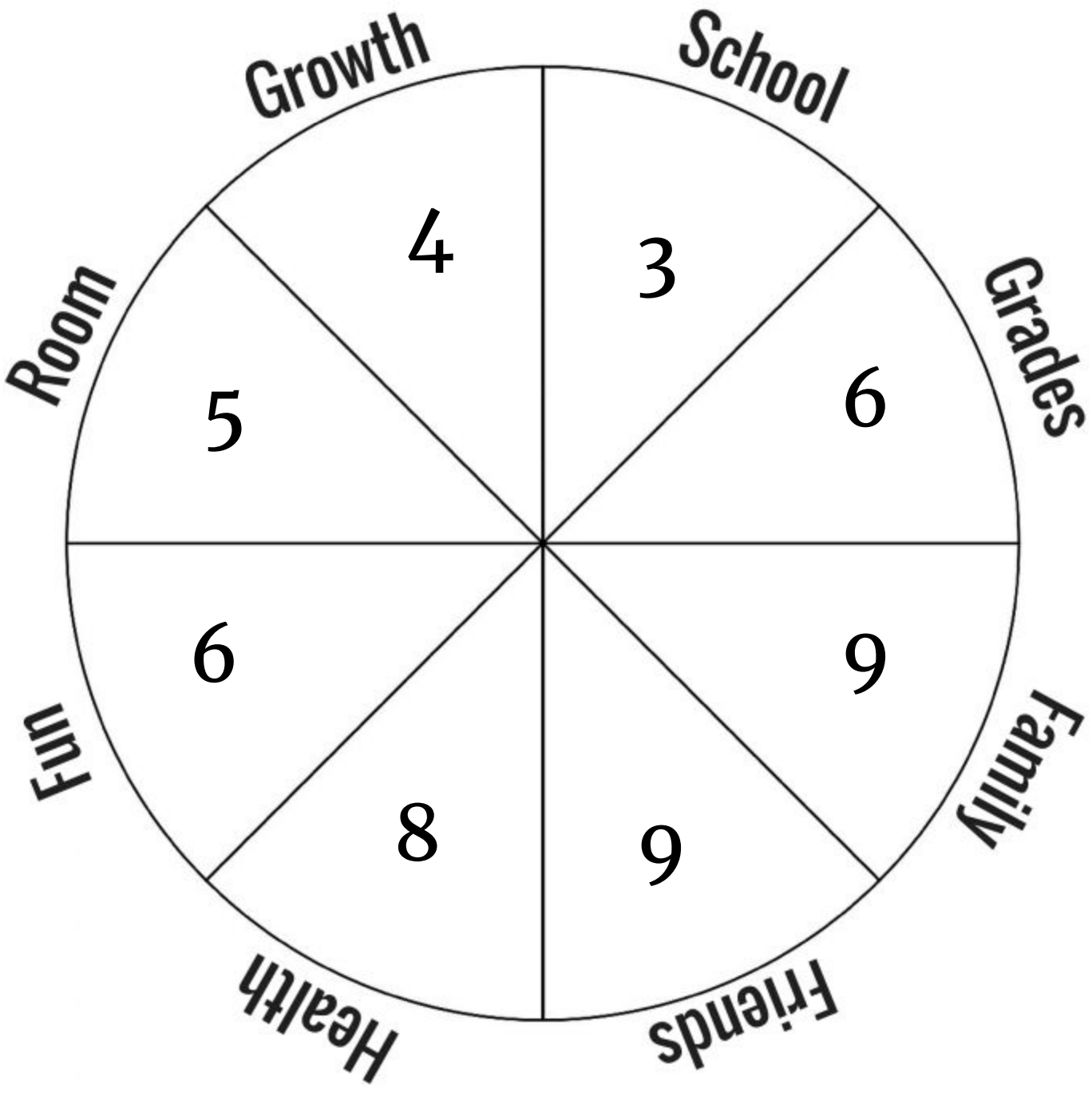
STEP 1: Print This Wheel



- School:** Your overall experience of being in class and being with your friends
- Grades:** How happy (or not) you are with your grades
- Family:** Usually your immediate family, and if you need to break this wedge into two (parents and siblings) that works
- Friends:** Pretty straight forward
- Health:** How healthy you feel, how much you exercise, and your diet
- Fun:** How much fun you are having
- Room:** How clean or messy your room is and how happy you are with it
- Growth:** How you feel you are growing personally and spiritually

STEP 2: Rate your current level of satisfaction on each of these areas.

EXAMPLE



STEP 3: Ask your child or yourself, “Why is that the number for _____?”

Growth: _____ Why? _____

School: _____ Why? _____

Grades: _____ Why? _____

Family: _____ Why? _____

Friends: _____ Why? _____

Health: _____ Why? _____

Fun: _____ Why? _____

Room: _____ Why? _____

STEP 4: Ask your child or yourself, “How can I get a ____ to a ____?” for each area.

Growth: _____ How? _____

School: _____ How? _____

Grades: _____ How? _____

Family: _____ How? _____

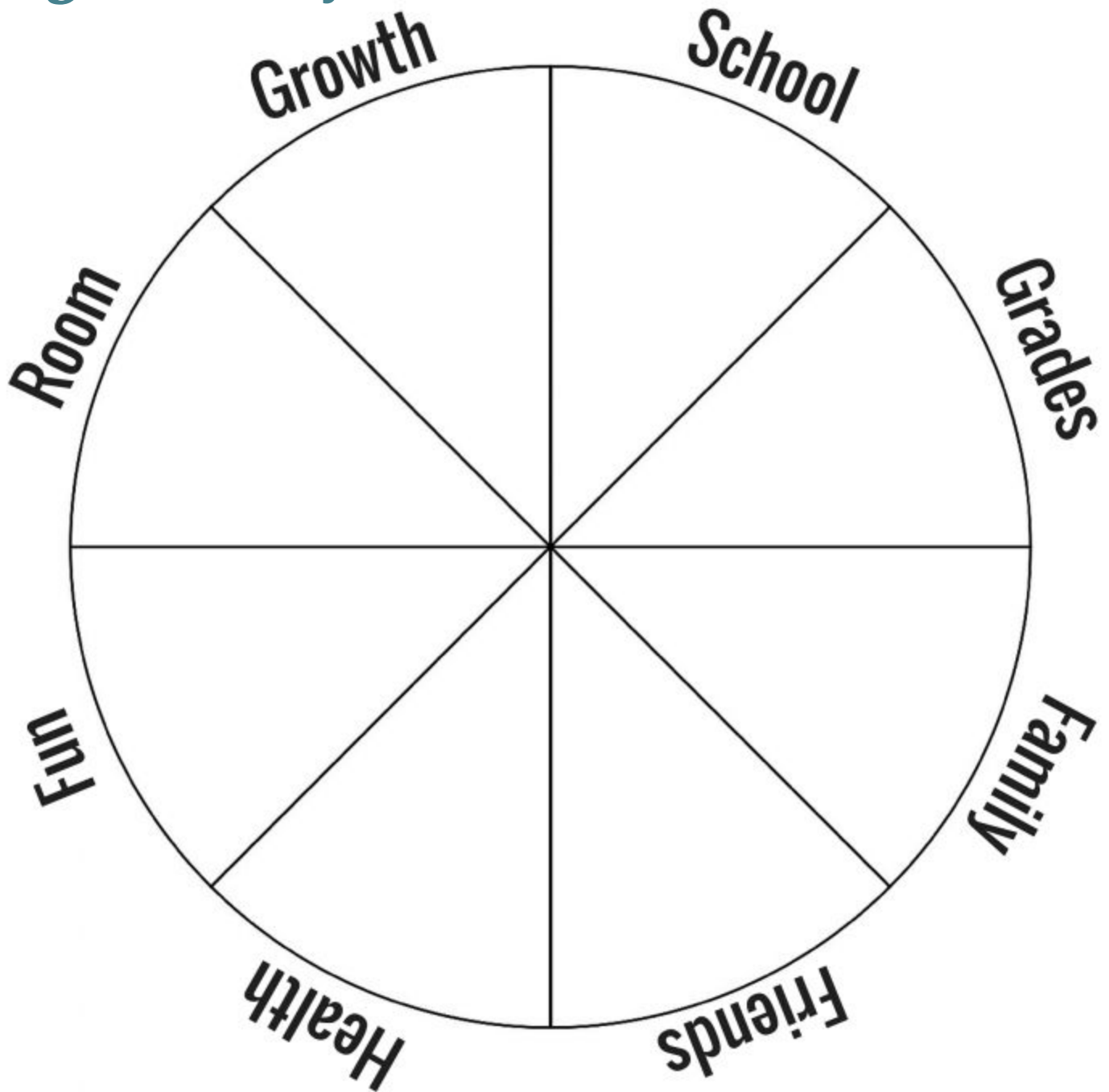
Friends: _____ How? _____

Health: _____ How? _____

Fun: _____ How? _____

Room: _____ How? _____

STEP 5: Save these sheets. Print this again at the beginning of next quarter and see the progress that you have made!



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Room: How clean or messy your room is and how happy you are with it

Growth: How you feel you are growing personally and spiritually

In case we haven't met yet...

I'm **Natalie Borrell**. In my work as a School Psychologist and **Academic Life Coach**, I have helped hundreds of teenagers to **develop skills** that will **benefit** them long **after high school**. The other coaches on my team (Alison and Sara) both work in the field of education.

I'm also a toddler mom and closet HGTV addict with a special knack for motivating teenagers.

Connect with me via email or on Facebook. I'd love to talk to you about coaching your teenager.

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A few ways we can help your teenager:

1. Free Tips and Tools... Subscribe to our email list to receive weekly videos with free tips and tools for high school students.
2. Individual Coaching - we offer one on one coaching designed to help your teenager develop the skills they need in the real world.
3. Workshops - we provide workshops on topics such as study skills, motivation, organization, and goal setting.