

Wheel of Life #MindfulRUFA

Personal self-assessment tool

Estimated duration: 15–20 minutes

INSTRUCTIONS

The proposed version includes 10 key areas, each briefly described to support your self-assessment. Using coloured pencils, assign a score from 1 (very low) to 10 (very high) to each area.

- 1. Personal Growth** – To what extent do you feel you are learning, evolving, and developing self-awareness?
- 2. Health and Well-being** – How well are you taking care of your body, sleep, nutrition, and physical energy?
- 3. Romantic Relationships** – How fulfilling and authentic are your intimate or emotional relationships?
- 4. Emotions** – how varied & intense and how are you connected with your emotions?
- 5. Friendships & Social Life** – How connected do you feel to others? Do you experience trust, exchange, and support in your relationships?
- 6. Study & Education** – How engaged and motivated do you feel in your academic or artistic path?
- 7. Creativity & Self-Expression** – How much space do you dedicate to creating and expressing yourself through art or other forms?
- 8. Spirituality & Meaning** – How connected do you feel to something larger than yourself? Do you experience a sense of direction or purpose?
- 9. Leisure and Enjoyment** – How much space do you allow for play, relaxation, enjoyment, and recovery?
- 10. Personal mission & contribute**

