Self-Care
WHEEL

How to Use a Self-Care Wheel

1. **Label the Sections –** Divide the wheel into six sections (Physical, Emotional, Mental, Social, Spiritual, Professional) or customize categories that fit your needs.
2. **Identify Self-Care Practices –** Write down activities you do or want to do in each category.
3. **Assess Your Balance –** Shade or rate each section based on how well you're caring for yourself in that area.
4. **Set Goals –** Choose one or two areas to focus on improving and list small, actionable steps.
5. **Review & Adjust –** Revisit your wheel regularly to track progress and update activities as needed.