



Your Wheel of Life

Date: _____

How happy you are depends on how happy you are in the various areas of your life. Here's an exercise to help you work out where to focus your efforts to improve your happiness.

Rate each area of life from 0-10 below. Don't overthink it. Next, think about what a perfect 10 would look like. That gives you a pretty detailed picture of your ideal life, and helps you see how to improve. How could you increase the score in one area of your life by one point?

To take it to the next level, write your [Ideal Life Instruction Manual](#).



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