



1. **Label the Sections** – For example, Physical, Emotional, Mental, Professional, Social, Creative, Cultural, Spiritual, or define your own.
2. **Identify Self-Care Practices** – For each category, write down activities that support your self-care. The activities could be ones you do now, ones you did in the past and want to restart, or new ones you want to try.
3. **Reflect on Your Self-Care Practices** – Which ones do you use most, and why? Which areas or specific practices do you want to develop?
4. **Set Goals** – Pick 1-3 things to work on in the next month. What are some micro-steps to help these become actionable?
5. **Review & Adjust** – Revisit your wheel regularly. Track your progress, reflect on your learning, make changes as needed.