

## Wheel of Life Suggested Segment Labels

The eight sections represent eight areas of your life that are important to you.

These can be as follows or anything that resonates with you in your life:

**Family and Friends:** Split "Family and Friends" into separate categories.

**Significant Other:** Change the category name to "Dating", "Relationship" or "Life Partner".

**Career:** Changing the category name to "Motherhood", "Work", "Business" or "Volunteering".

**Finances:** Change the category name to "Money", "Financial Security" or "Financial Wellbeing".

**Health:** The category name could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".

**Home Environment:** The category could split or changed to "Work Environment" for your career.

**Fun & Leisure:** The category name could change to "Recreation"

**Personal Growth:** The category name could change to "Learning", "Self-Development" or "Spiritual"

**Other categories to add could include "Security", "Service", "Leadership", "Achievement" or "Community"**