



## SELF-LOVE WHEEL

The Self-Love Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to self-love. Don't worry about your scores—we are all works in progress. Completing the wheel exercise is easy. After you go through it once, you'll be a pro. And if you become discouraged because there is still progress to be made, always remember we are looking for progress, not perfection.

The wheel exercise begins with a set of questions. After you read a question, simply rate yourself on the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10). Each wheel diagram contains a set of spokes, similar to the spokes on a bicycle wheel.

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Then, simply place a dot on the spoke next to the number that corresponds with your answer. After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle.



## SELF-LOVE WHEEL

Date: \_\_\_\_\_

Rate your response after each question using a number from the following scale:

Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good			Prosperous	
1	2	3	4	5	6	7	8	9	10

**Self-Compassion:** Self-compassion is the ability to silence your inner critic, practice self-forgiveness and self-acceptance, and be your most compassionate advocate. It is the opposite of self-flagellation or excessive guilt and regret—it is a mental state where you recognize mistakes, learn from them, and get back on track. How would you rate yourself when it comes to self-compassion? \_\_\_\_\_

**Self-Affirmation:** How would you rate yourself when it comes to honoring your strengths, gifts, and unique abilities and seeing all that is beautiful and good about you? \_\_\_\_\_

**Grow & Learn:** When it comes to investing in activities, classes, and independent learning to help you grow and develop, how would you rate yourself? \_\_\_\_\_

**Nutrition:** Healthy eating includes limiting sugar and processed foods, cooking at home, eating balanced meals, taking multivitamins, and portion control. How would you rate yourself when it comes to nutrition? \_\_\_\_\_

**Hydrate:** Skipping the soda and energy drinks and drinking enough water is important for good health. How good are you when it comes to hydration?  
\_\_\_\_\_

**Physical Activity:** When it comes to physical activity, how would you rate yourself? \_\_\_\_\_

**Appearance:** How would you rate yourself when it comes to grooming yourself with love and care and putting yourself together so that you feel like the beautiful person that you are? \_\_\_\_\_

**Health Care:** This includes annual physicals, dental care, mental health counseling, and specialty care or holistic care as needed. What's your priority when it comes to your own health care? \_\_\_\_\_

**Moderate Substance Use:** How would you rate yourself when it comes to moderating caffeine, alcohol, sleep aids, or other substances in your life? \_\_\_\_\_

**Solitude/Reflection:** This is stillness and quiet time when you can connect with yourself. How good are you at prioritizing time for solitude and reflection?  
\_\_\_\_\_

**Connect to Nature:** This includes connecting with the outdoors, animals, or plants. How would you rate your ability to connect with nature? \_\_\_\_\_

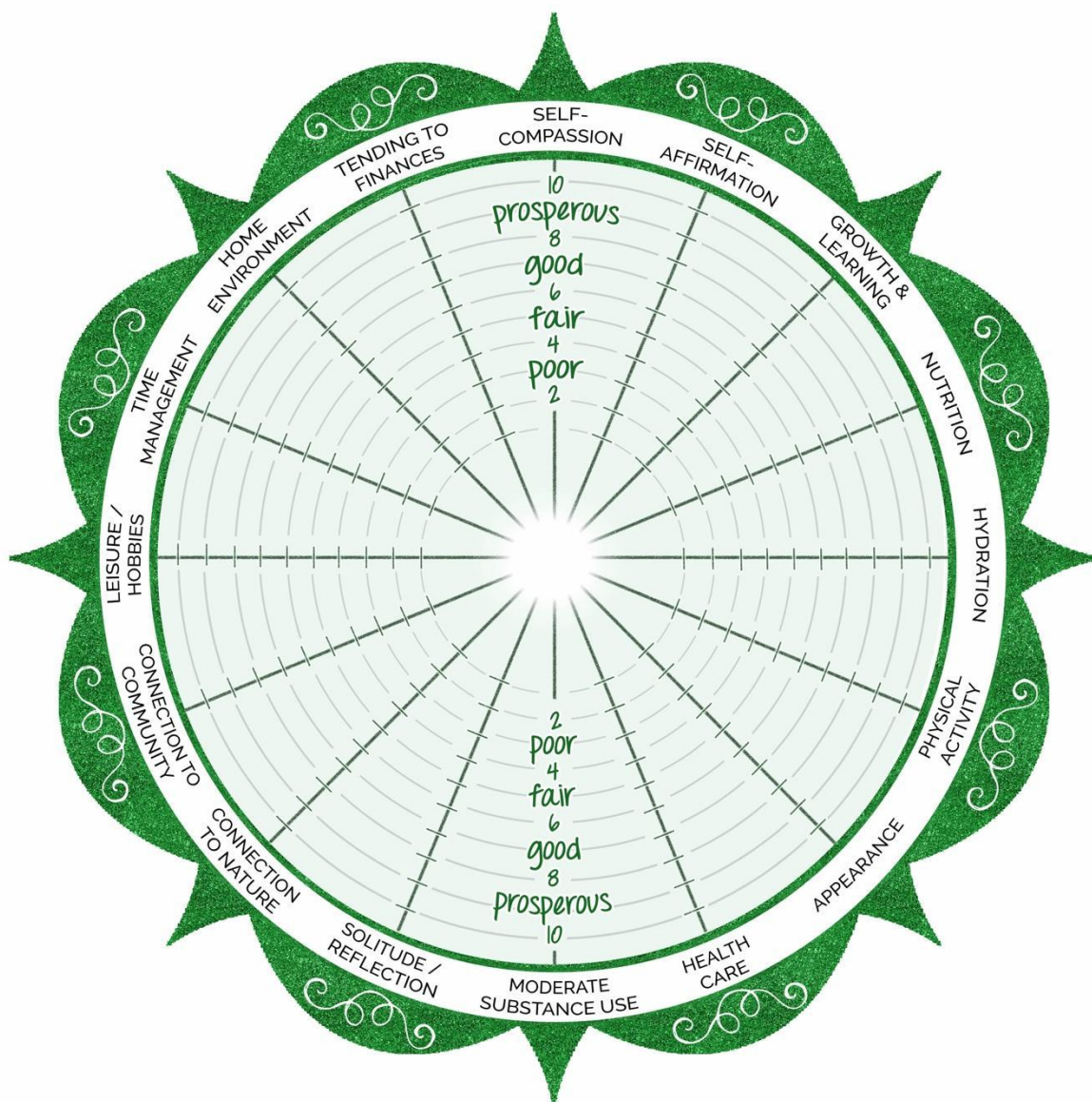
**Sleep:** Making sure you get enough sleep and have the ability to fall asleep easily and stay asleep is also important for good health. How would you rate yourself when it comes to prioritizing your sleep? \_\_\_\_\_

**Leisure/Hobbies:** It's important to relax and enjoy activities such as art, music, or sports. How would you rate yourself when it comes to making time for leisure and hobbies? \_\_\_\_\_

**Manage Time:** Time management is all about setting healthy time boundaries between your work and your personal life. Make sure to unplug from technology—turn off your phone before bedtime and during mealtimes, do not respond to work emails after work hours or while on vacation, and limit screen time. How would you rate yourself when it comes to striking a nice balance in terms of connecting with others and allowing time for solitude? \_\_\_\_\_

**Home Environment:** Keeping your home clean, organized, and functional is important when establishing a pleasant sanctuary for yourself. How would you rate your home environment? \_\_\_\_\_

**Tend to Finances:** Making sure there is a healthy balance between the flow of saving and spending, and treating yourself within your means is very important. How would you rate yourself when it comes to taking care of your financial life?



### The Self-Love Wheel

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Start at the top of the wheel. Then, simply place a dot on the spoke next to the number that corresponds with your answer. For example, if you rated yourself a 3, put a dot at the 3 mark on the spoke.

After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle.

Now write down today's date so you can reference it when you reassess your financial health at a future date. Today's date: \_\_\_\_\_.

Answer the following questions:

- **What are your three lowest-scoring spokes (the biggest dents in your wheel)? Why do you think this is?**

- **What's your plan for addressing these “dents” in your wheel?**

**Joyce Marter, LCPC**  
[joyce@joyce-marter.com](mailto:joyce@joyce-marter.com)  
(312) 213-9324  
joyce-marter.com