



Wheel of Student Life

The Wheel of Student Life helps you reflect on how your time is distributed across essential life areas.

In a typical 24-hour day, estimate how much time you spend on each category below. Your goal is not balance, but awareness and purpose.

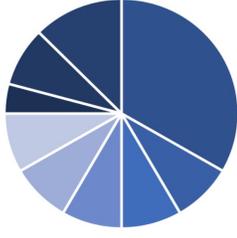
Category	Hours Spent (0–24)
Sleep	
Study	
Work	
Family	
Friends	
Exercise	
Hobbies	
Other	

Reflection:

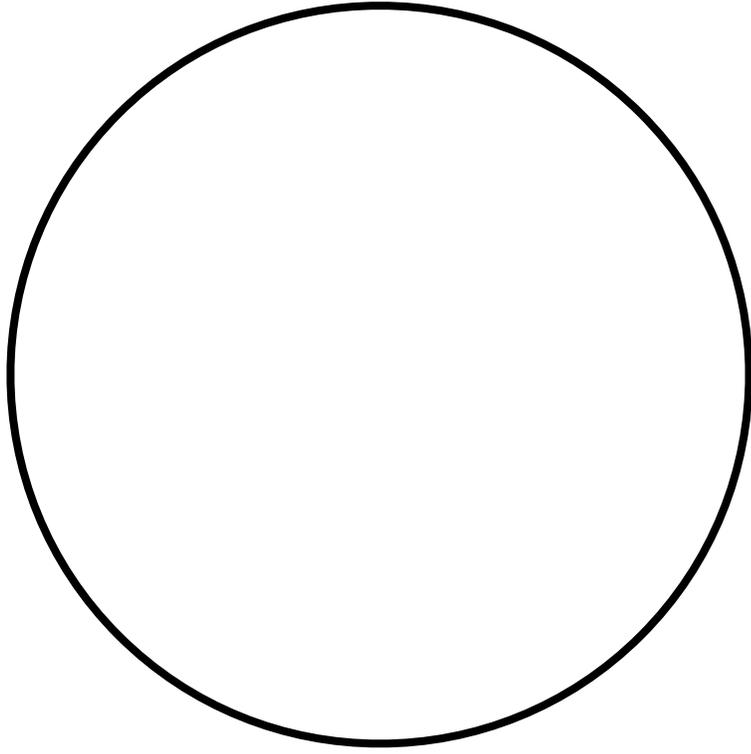
How does your current distribution align with your values and goals?

Name _____

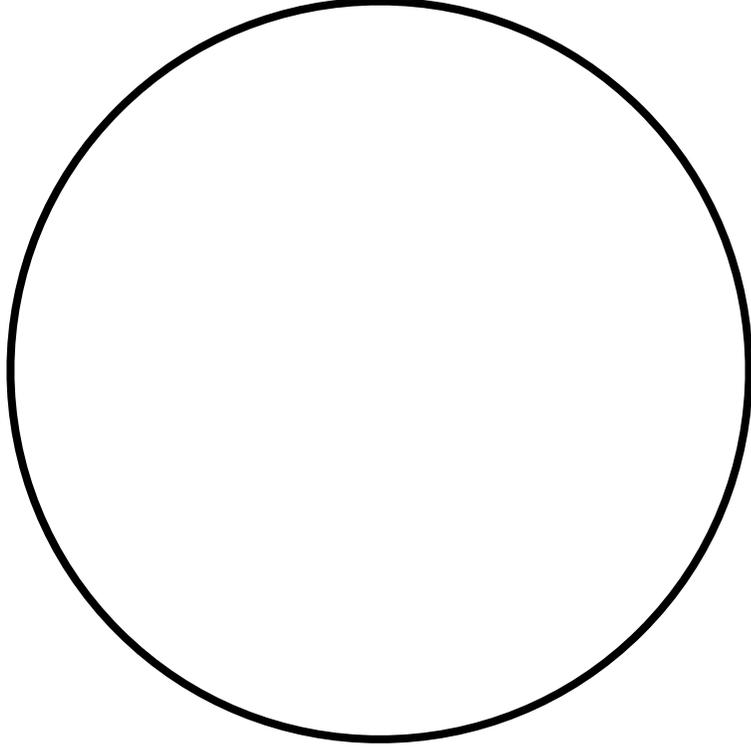
Example



**How do I spend
my time?**



**How would I prefer
to spend my time?**



Circle One shows how you currently spend your time. Circle Two lets you explore how you wish to spend it. Use both to spot meaningful changes you may want to make.