

ADHD Life Wheel

How to Complete

Find a quiet, comfortable space where you can focus for about 15-20 minutes.

Look at each category and ask yourself, "**How satisfied am I with this area of my life right now?**" Mark your rating by drawing a line or filling in the section up to that number on the wheel.

Use a scale from **1 to 10**, where:

- **1 = Very Dissatisfied**
- **5 = Extremely Satisfied**

Reflect on the Results

Once you've rated all the categories, step back and look at your wheel:

- Are there any areas where you feel very satisfied? Celebrate those!
- Which areas feel low or out of balance? These might be opportunities for growth. Consider what would increase satisfaction in this area.

Optional: Add Strengths

For each category, jot down a strength related to that area.

For example:

- **Relationships & Communication:** "I'm great at making my friends laugh."
- **Time Management:** "I've gotten better at setting alarms to stay on track"

Schedule a Discovery Session

Schedule a free 30-minute Discovery Call with EGC and bring your completed wheel to your initial session so we can:

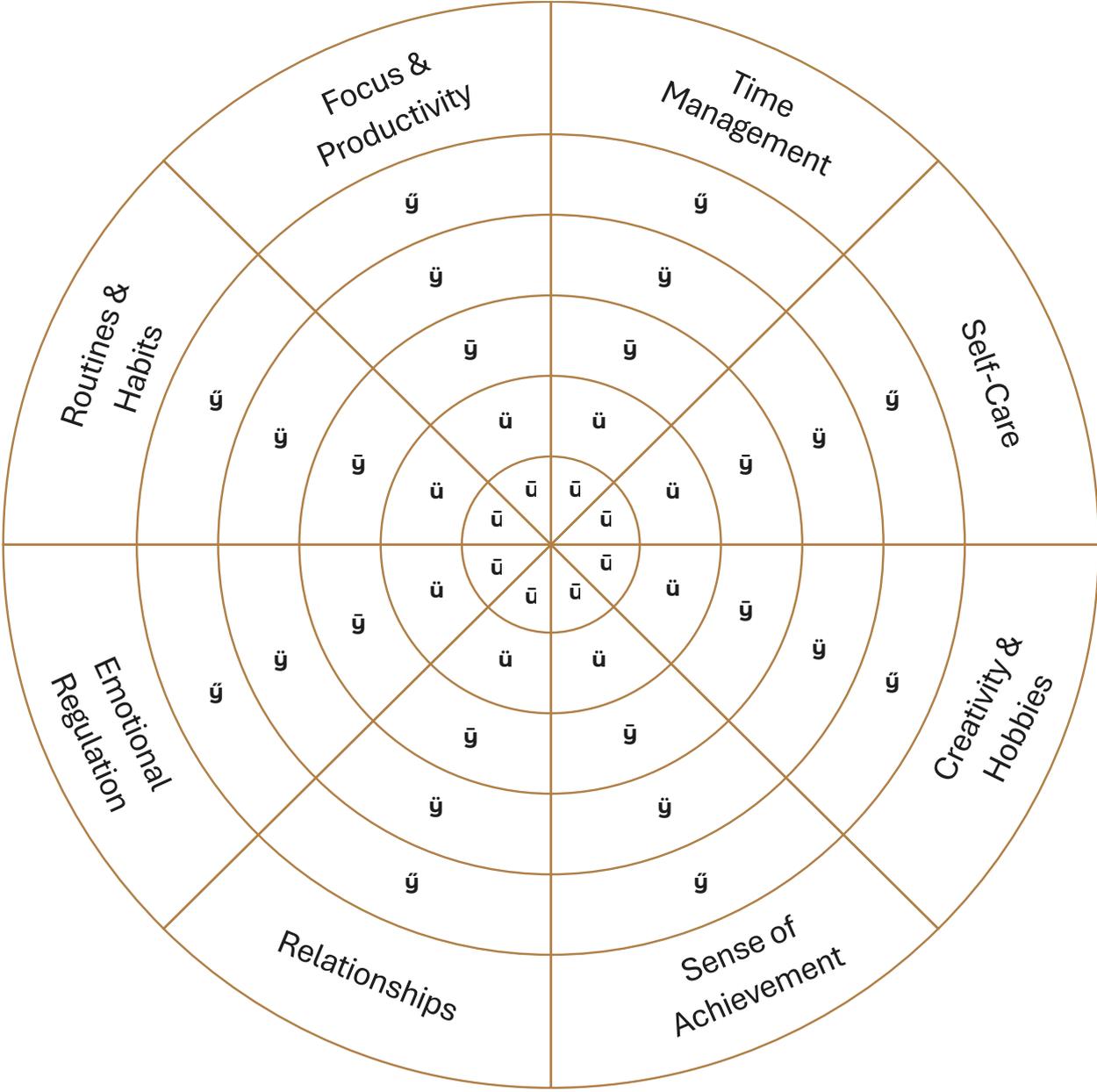
- Discuss what stood out to you.
- Prioritize areas you want to work on.

The Categories

Each segment of the wheel represents an important area of life. Here's a quick rundown:

- **Time Management:** How well you manage your time and meet deadlines.
- **Focus & Productivity:** Your ability to stay focused and complete tasks.
- **Routines & Habits:** How consistent and helpful your daily routines and habits are.
- **Emotional Regulation:** Your ability to manage emotions like frustration, anxiety, or overwhelm.
- **Relationships:** How satisfied you feel with your connections and communication with others.
- **Self-Care:** How well you take care of yourself and maintain energy throughout the day.
- **Creativity & Hobbies:** How much time and energy you devote to hobbies, creativity, or things you love.
- **Sense of Achievement:** How fulfilled and accomplished you feel overall.

Part One



Part Two

Time
Management

Self-Care

Focus &
Productivity

Creativity
& Hobbies

Routines & Habits

Emotional Regulation

Relationships

Sense of Achievement