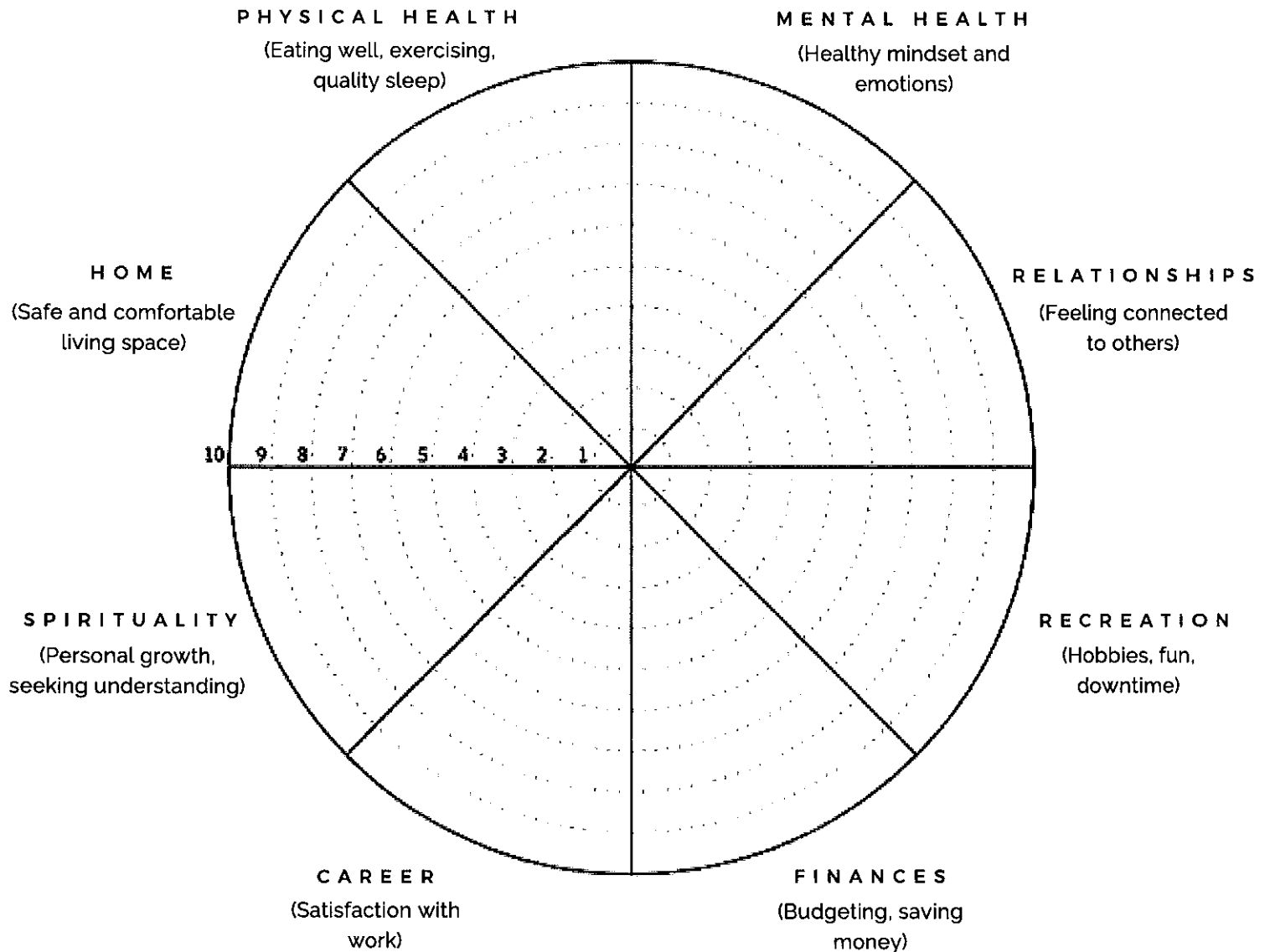


WELLNESS WHEEL



INSTRUCTIONS

The eight sections in the wheel represent your life. Rank your level of satisfaction with each area out of 10. 1 means you are struggling and feel unfulfilled in that area. 10 means you're satisfied with that area and don't think it needs much improvement. Go with your gut on this one.

Color the number of spaces on the wheel that match your ranking, starting from the inside and working out. Once you're done, you should see which areas need improvement and which ones you feel satisfied with.

FOLLOW-UP QUESTIONS

What score did you give each area?

Physical: __/10	Mental: __/10	Home __/10	Relationships: __/10
Spirituality: __/10	Recreation: __/10	Career: __/10	Finances __/10

Which areas do you want to focus on improving right now? Why?

When you envision fulfillment in these areas, what do you picture?

What types of activities and practices would help you feel more fulfilled?

What actions can you take in the next 3-6 months to improve these areas?