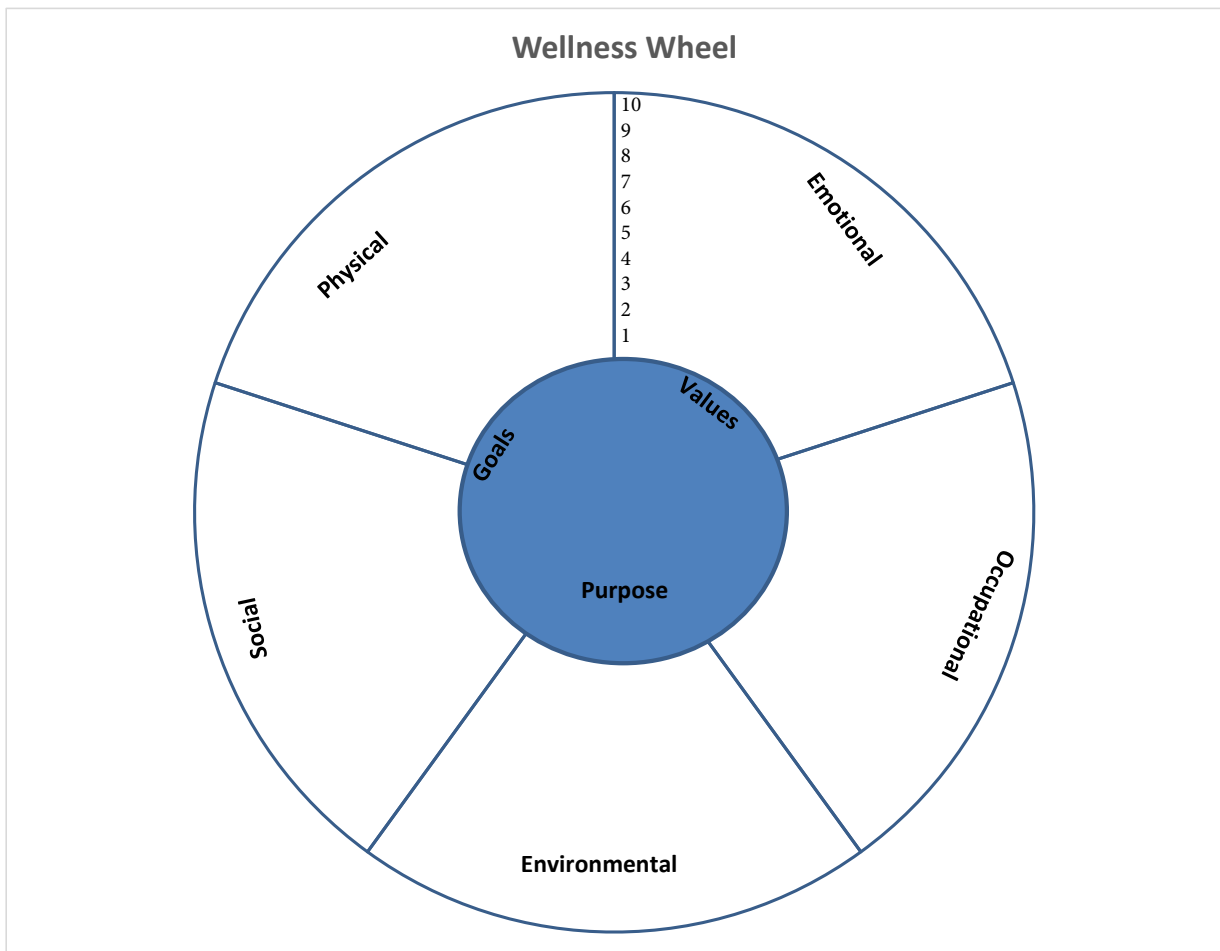


Completing your Wellness Wheel

Remember - this is a dynamic, changing document
Transfer 1-3 words you identified as your values to the center of the wheel.

Rank your level of satisfaction in each area of your life. The closer you are to 10, the more fulfilled you feel.

Optional: identify in the circle 1-2 things that are important to you in that dimension of wellness for a 'well-life vision'. Example: "eat whole foods" in the "physical".



Choosing Areas of Focus

Take a moment to be mindful, a few deep breaths may help. Answer the following question.

What needs to change for me to achieve my well-life vision?

It may be helpful to answer the question specific to 1-3 of the dimensions of wellness listed above. You are not obligated to make the change, our goal is for you to recognize the areas. We will work on goals and specifics later.