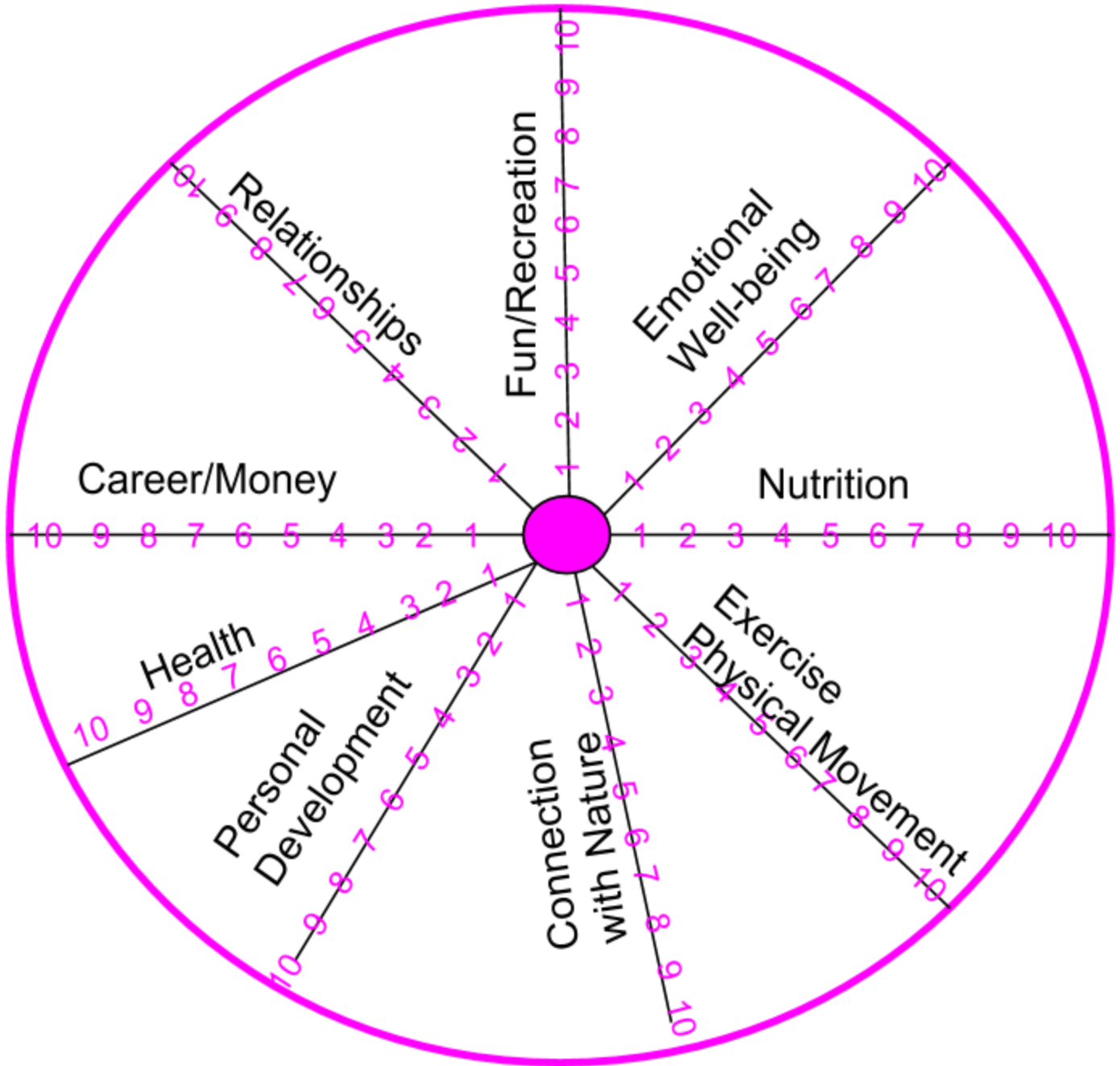


Wheel of Holistic Wellness



How would you rate your level of satisfaction in each of these areas on a scale of 1-10? The closer your number is to 10, the more fulfilled and satisfied you are in this area. Try to create your own wheel based on your numbers.

Which area in your life has the lowest number or are you least satisfied with right now?

How can I improve my _____?

What number can you see yourself becoming on the scale?

What are 3 things you can do to start improving this area in your life?

1. _____

2. _____

3. _____