

WHEEL OF

WELLNESS

- RATE YOUR SATISFACTION IN EACH AREA ON A SCALE FROM 1 (NOT SATISFIED) TO 10 (COMPLETELY SATISFIED).
- SHADE THE APPROPRIATE NUMBER OF CIRCLES IN EACH SEGMENT TO REPRESENT YOUR SCORE.

REMEMBER TO BE HONEST WITH YOURSELF WHILE RATING. THE PURPOSE ISN'T TO ACHIEVE PERFECTION BUT TO HIGHLIGHT AREAS THAT MAY NEED MORE OF YOUR ATTENTION.

