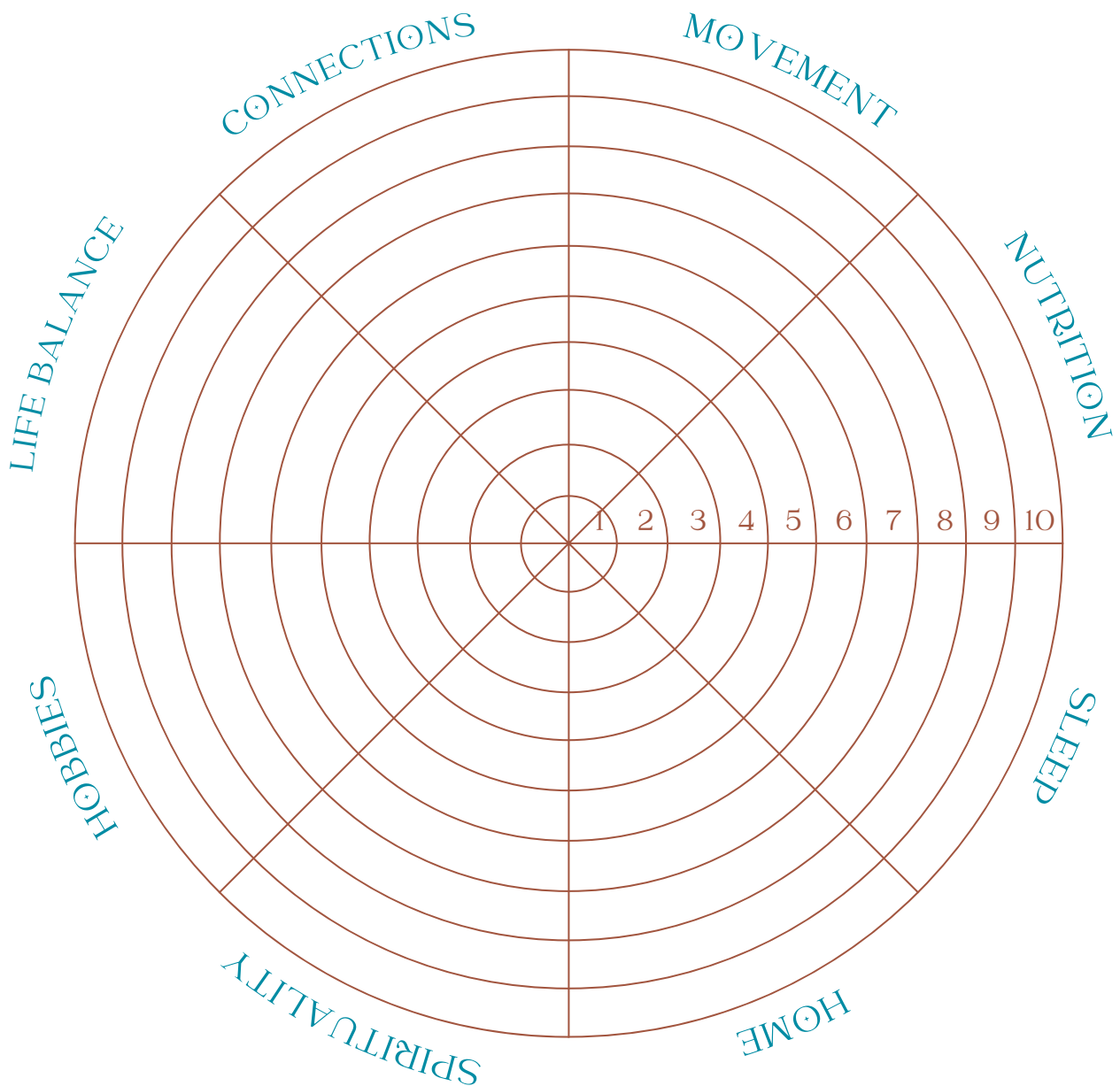


THE WHEEL *of wellbeing*

The wheel of wellbeing is a great tool that helps you better understand what you can do to support your wellbeing. The 10 bars in each category help you to highlight your level of wellness within that category (10 being the highest). Spend some time rating each category. Use the results to plan where you would like to focus your wellbeing attention.



THE WHEEL *of wellbeing*

The area(s) within the wheel of wellbeing I'd like to focus on first:

One small step I could take to move forward:

Notes: