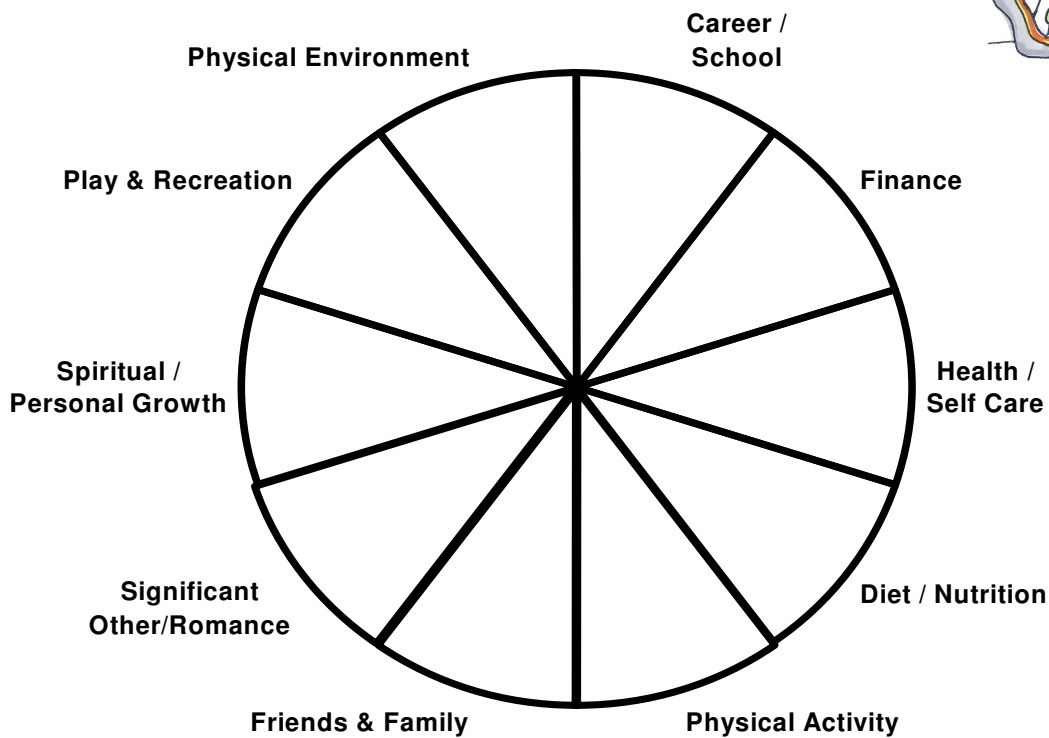


# Wellness Wheel



How would you rate your satisfaction with the various areas of your life? The 10 areas of the wheel represent BALANCE. Seeing the center of the wheel as zero, rank your level of satisfaction with each life area, with 10 being the ideal.



How smoothly does your wheel turn? How bumpy would your life be if this were a real wheel? What does this tell you? Use this as a guide to help you set goals and priorities for bringing wellness and balance into your life.

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