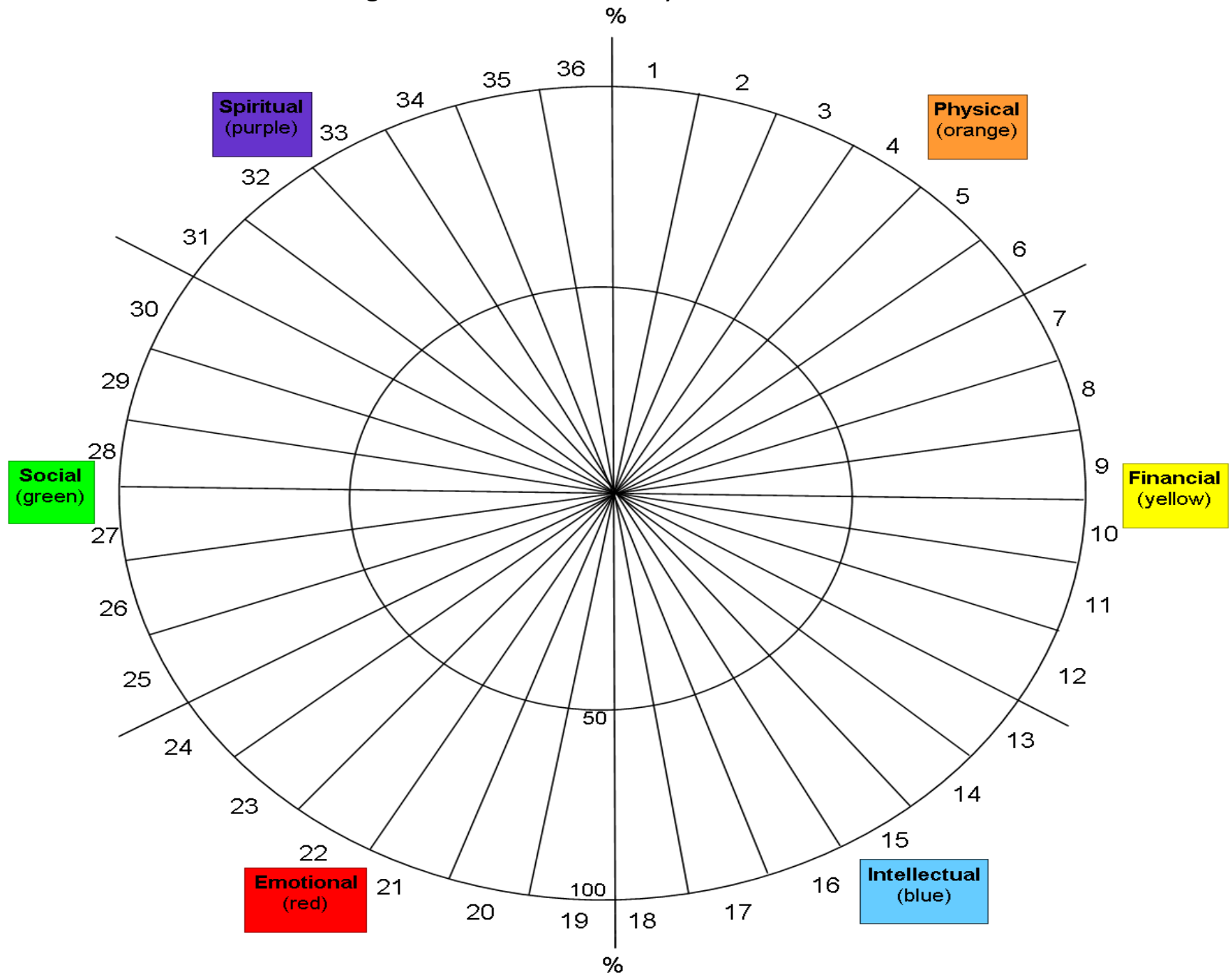


Striving for a Balanced Life – My Wellness Wheel



Striving for a Balanced Life –My Wellness Wheel

My Wellness Wheel

Which section of your wheel has the most color?

Which section of your wheel has the least color?

As a result of doing this assessment, I intend to improve my life balance by:

My first step will be:

I will share my plans with _____ and will ask for their support by saying “_____.”

I will review my progress on_____. (Date)