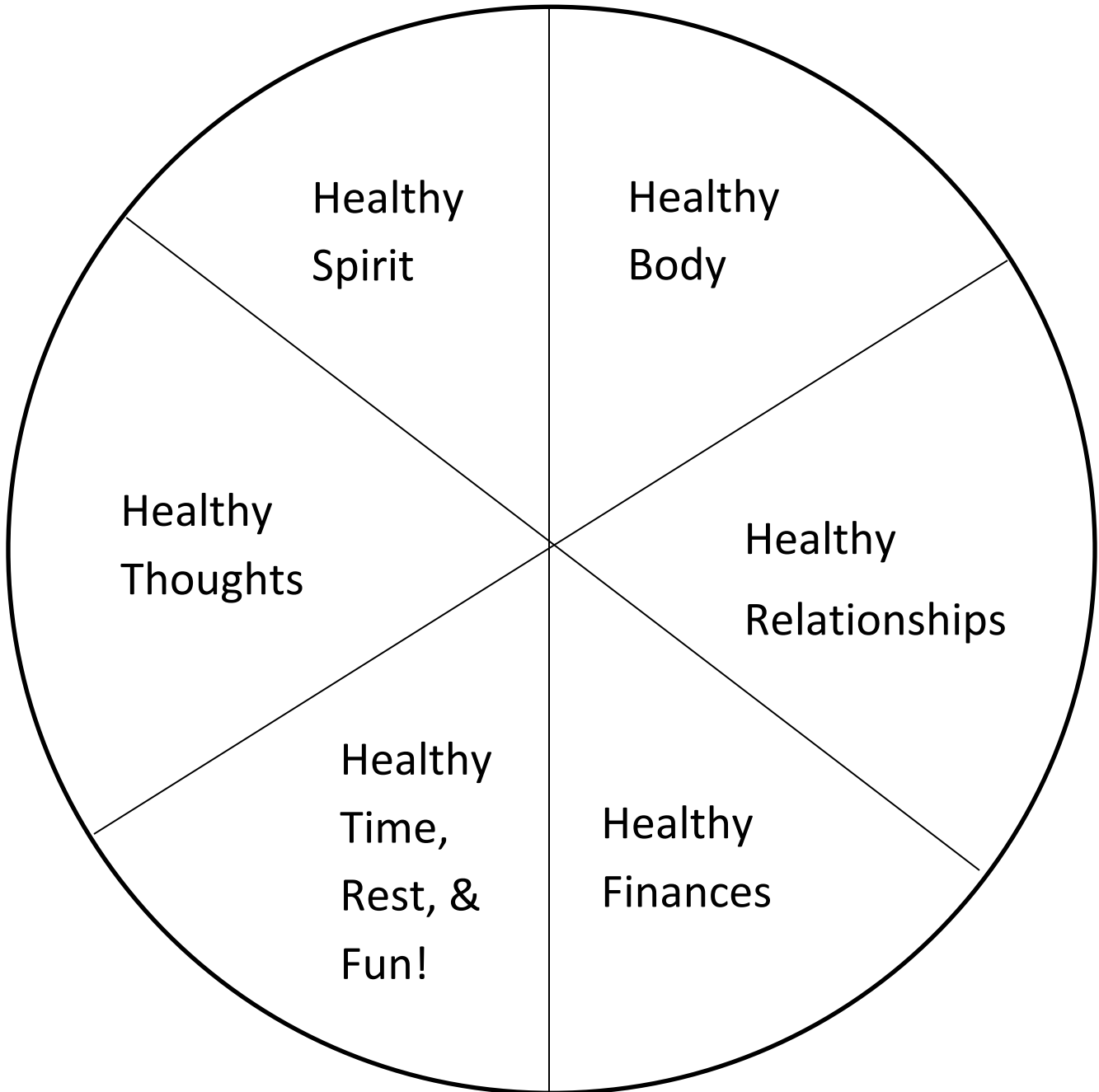


Wellness Circle



Ways to use the Wellness Circle:

- 1) Rate how you feel about each category from 0-10, 10 as the best. The center of the circle is 0 and the outside edge is 10. Draw a dot in each category to reflect your score. Then connect the dots. You will see if your "wheel" will turn smoothly, and where you might want to put some more energy. Then write down what you can do to make the areas of your life more balanced.
- 2) Make your own circle with the areas of most importance to YOU! Envision YOUR BEST SELF in all categories, and revisit in a few months .