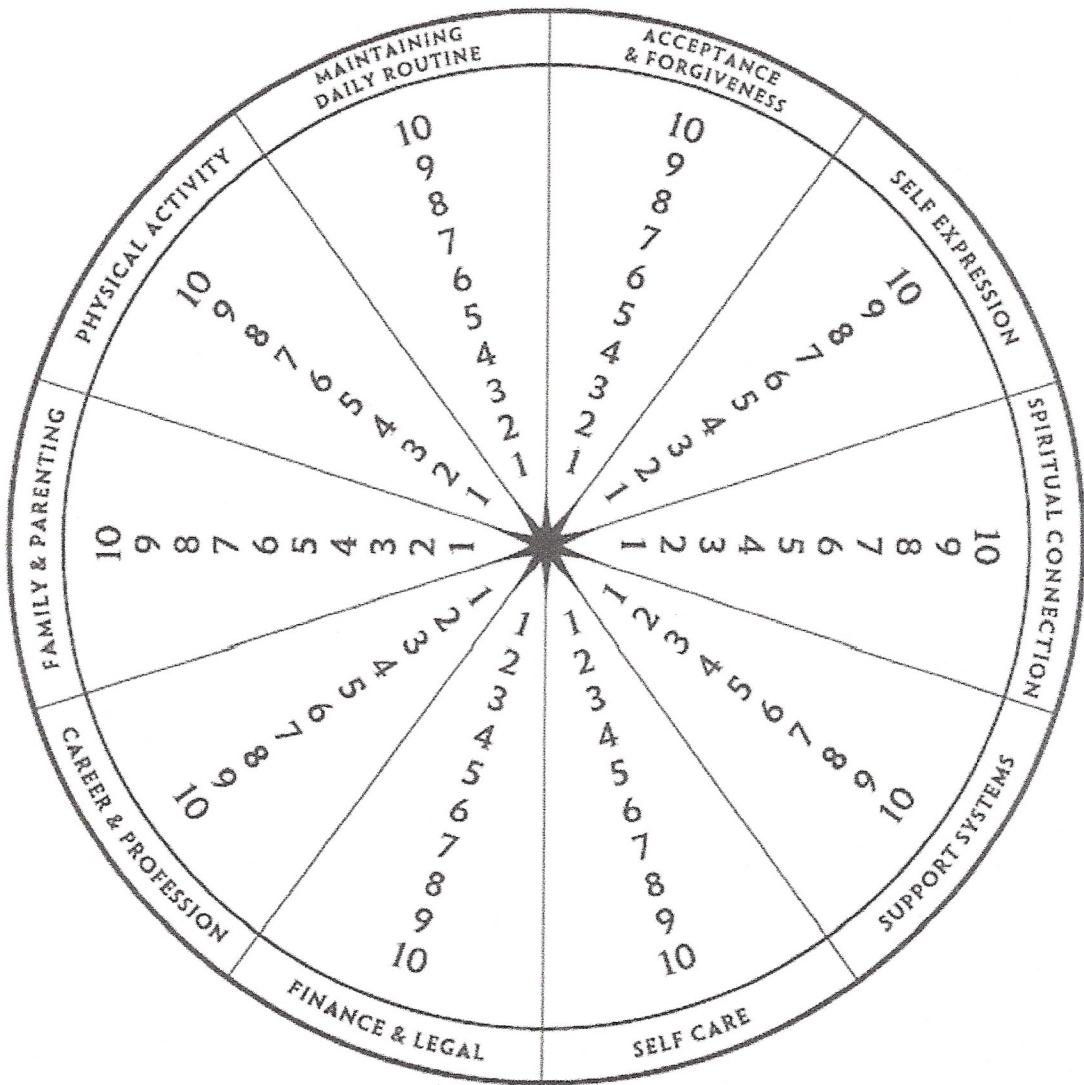


# Grief Relief Wheel



Mark your satisfaction in each area, with “1” being very unsatisfied and “10” being incredibly satisfied.

Where are you today in each of these areas?

What stands out to you overall?

What are your two lowest scores?

What would +2 look like? Describe.

Commit to a new habit to gradually improve your life balance.