

# the intentional THRIVER

## Are You Thriving or Surviving?

Using The Wheel of Wellness model below, rate how you feel you are doing in each category on a scale of 1-10 on a separate sheet of paper.



### Tips for Getting the Most From This Exercise:

- Be honest with yourself.
- Ask a close, safe friend or spouse to fill out one for you in addition to the one you fill out for yourself.
- Write out or discuss why you feel like you gave yourself the score you did.
- Consider doing this activity on a weekly, monthly, or other regular basis for a season.