



This wellness wheel utilizes the five elements of well-being from Tom Roth and Jim Harter's book, *Wellbeing: The Five Essential Elements*.

At the top, there are three additional boxes for you to write elements, or categories, of well-being that are most important to you.

For each element of well-being, rate where you are on a scale of 1-10. One rates the lowest and is at the center of the circle, while 10 rates the highest and is located at the edge of the circle.

Connect the dots around the circle to discover the shape it makes. The closer your shape is to a circle, the more balanced your overall well-being.

Find more free health and wellness coaching resources like this at [thehealthcoachclinic.com/free-resources](http://thehealthcoachclinic.com/free-resources).