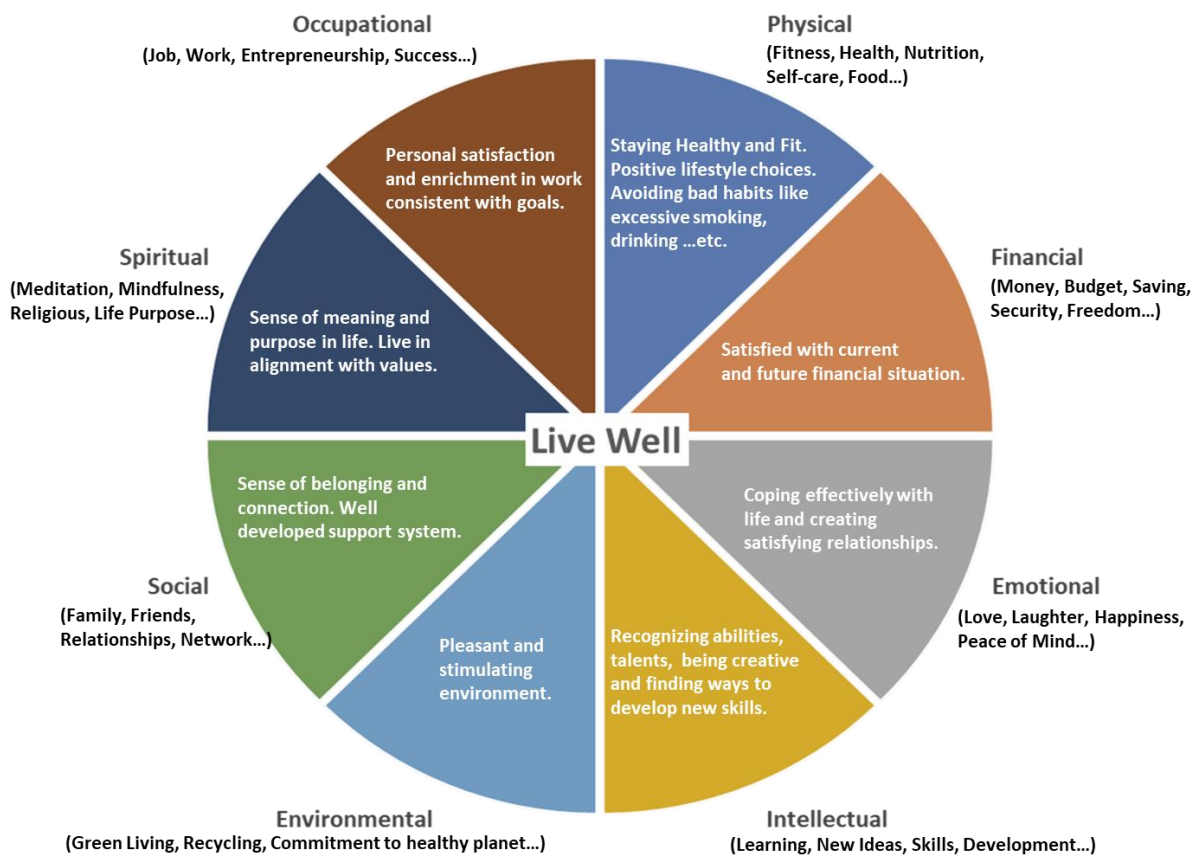
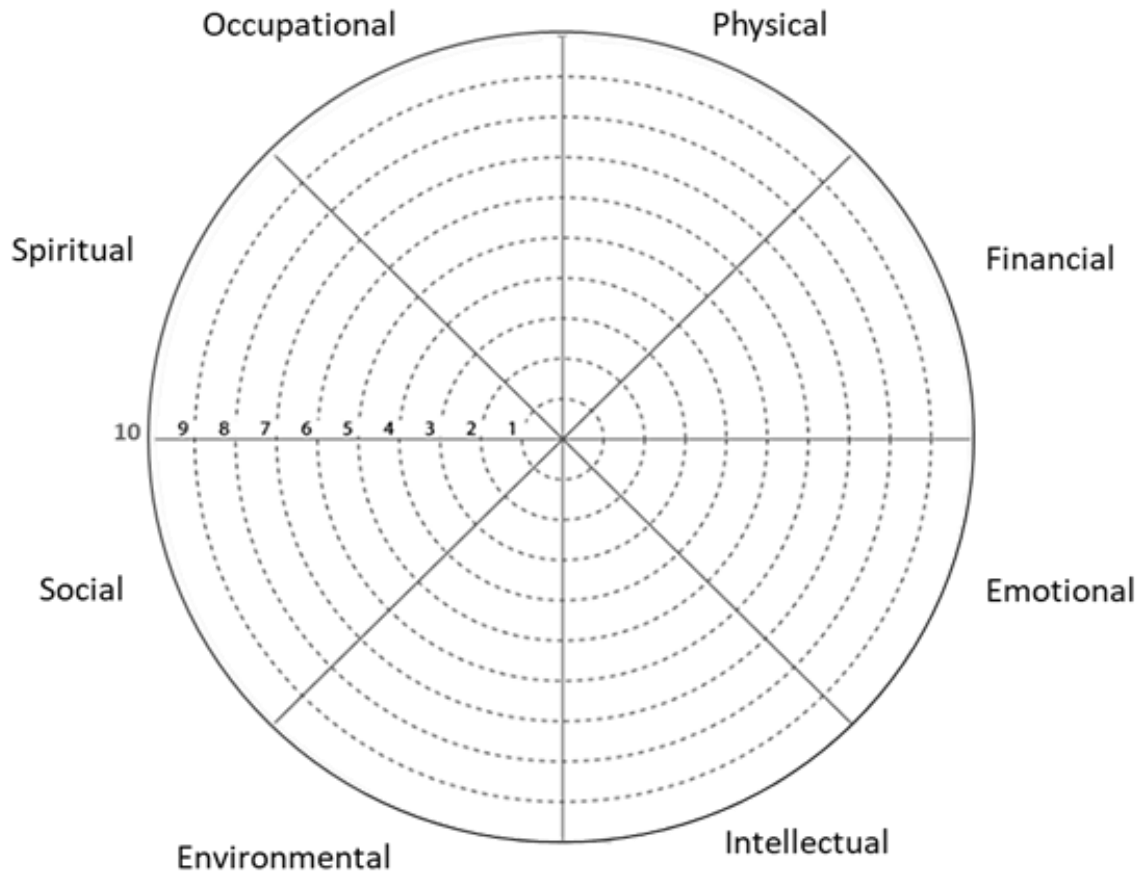


Wheel Of Life



Assess Life Balance



Identify satisfaction level for each wellness area of your life. Level 10 being the highest and level 1 being the lowest. Mark score on each spoke of the wheel. Join the marks around the circle. Does your wheel of life look balanced? Assess the areas where you're excelling and where you need improvement. The purpose is to make sure life is always balanced in all aspects.

Reflect on the Ratings

Physical Wellness	
Financial Wellness	
Emotional Wellness	
Intellectual Wellness	
Environmental Wellness	
Social Wellness	
Spiritual Wellness	
Occupational Wellness	

[illegible]