

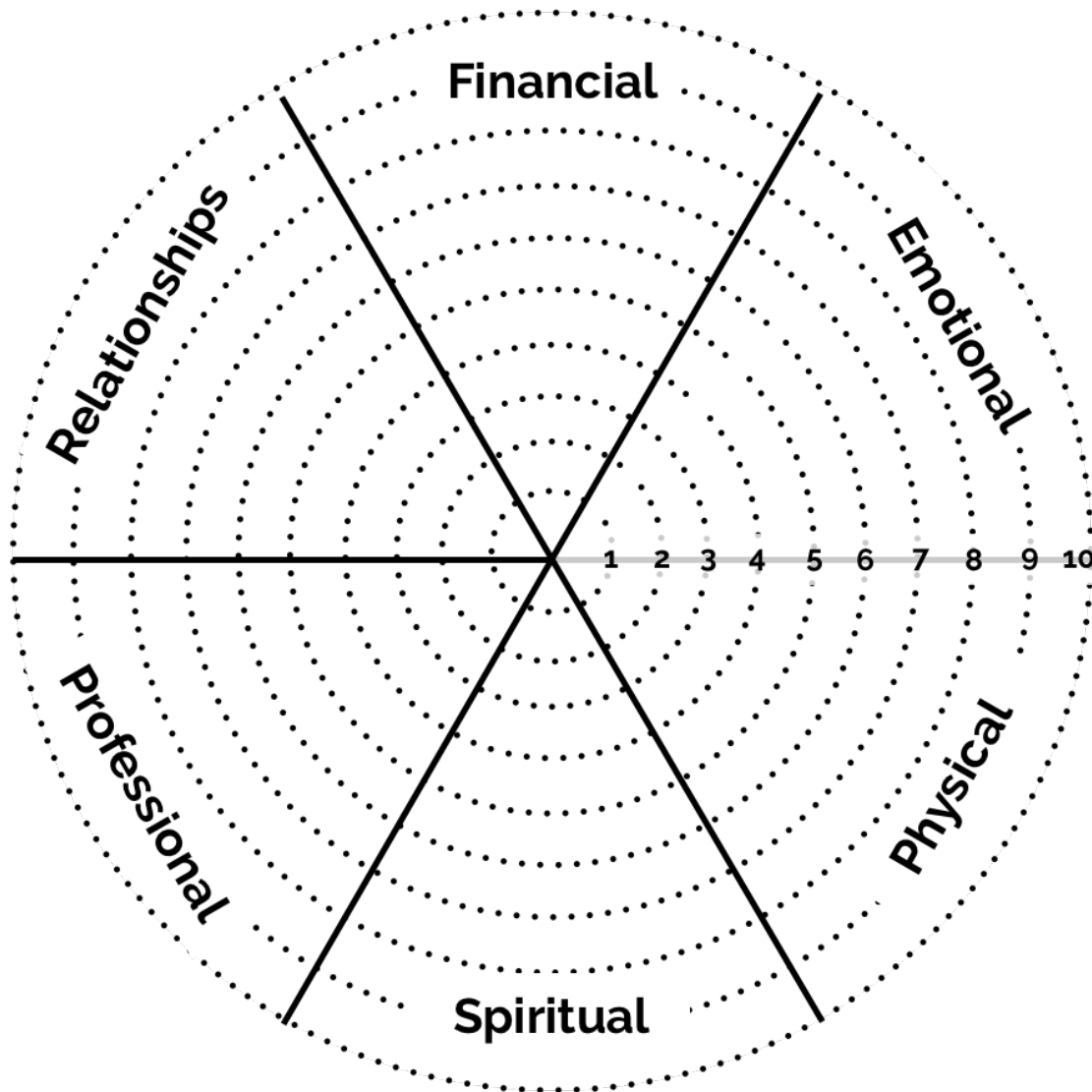


CCF Wellness Wheel[©]

(CW/W)



Using the CCF Wellness Wheel[©], rate each of the Six Components of Optimal Living, compared to your expectations for those areas (not comparing to "perfection," other people, or to your past).



Rating: 1-4 is in need of improvement, 5-7 is satisfactory, 8-9 is great, and 10 is far exceeding expectations

