



TOGETHER
WE BUILD WHAT'S
RIGHT FOR YOU

WELLNESS WHEEL

Your wheel contains seven sections that, together, represent a unique way of looking at the current state of wellness in your life.

It is essentially a snapshot that shows you where you feel strong and where you could feel better. It may help you focus your attention and effort in areas that could have the greatest impact.

INSTRUCTIONS

- Print off a Wellness Wheel to use as a template or, simply draw your own on a piece of paper.
- Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each wellness section by drawing a curved line to create a new outer edge.
- When you have completed all seven rankings look at the outer edge of your unique Wellness Wheel.
- It may look something like this (see attached image)



- A wheel requires balance to move forward smoothly. Ask yourself how balanced your wheel is or how bumpy it would feel to move forward?
- Imagine your state of wellness if you could bring your wheel into greater balance.



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