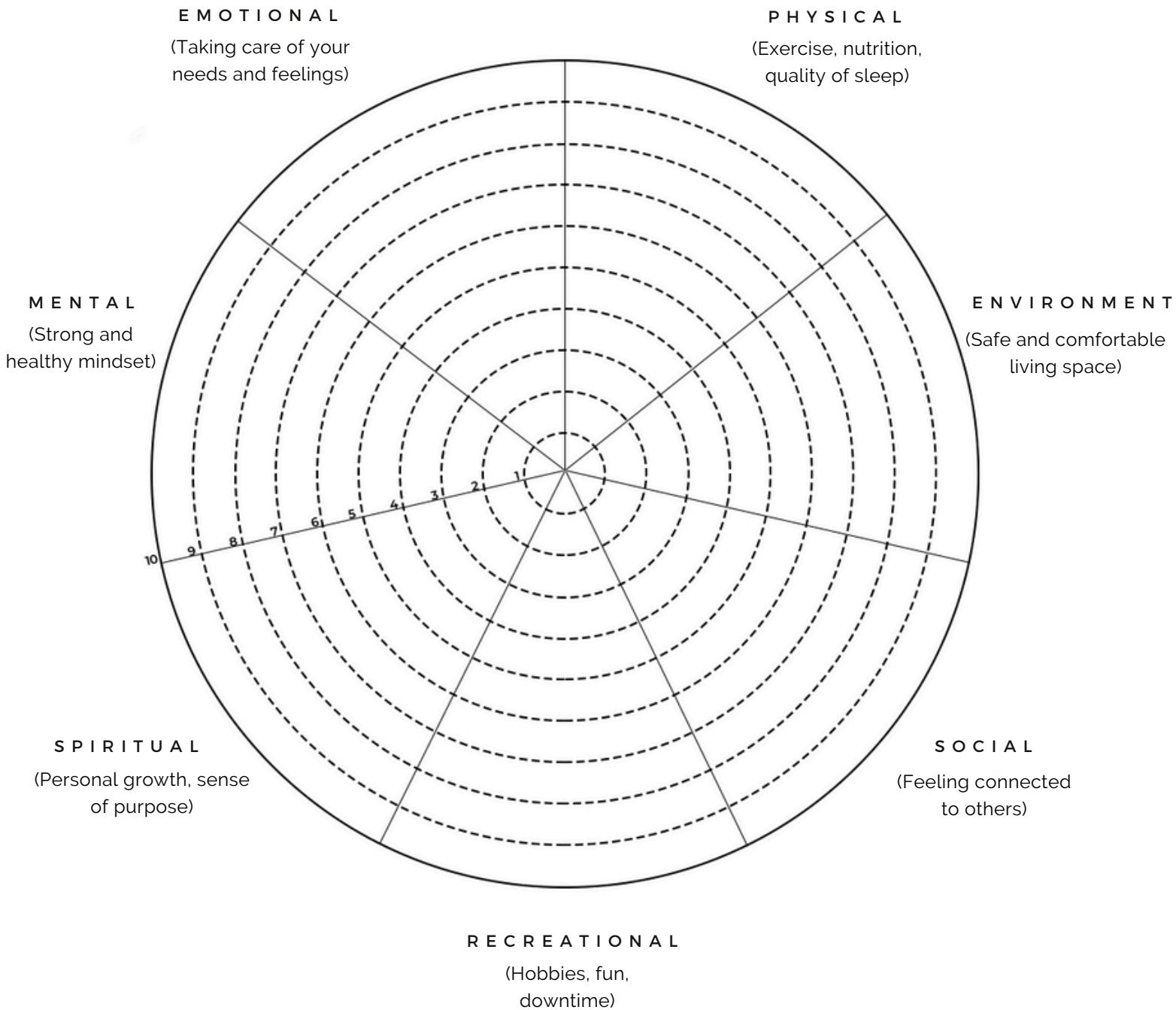
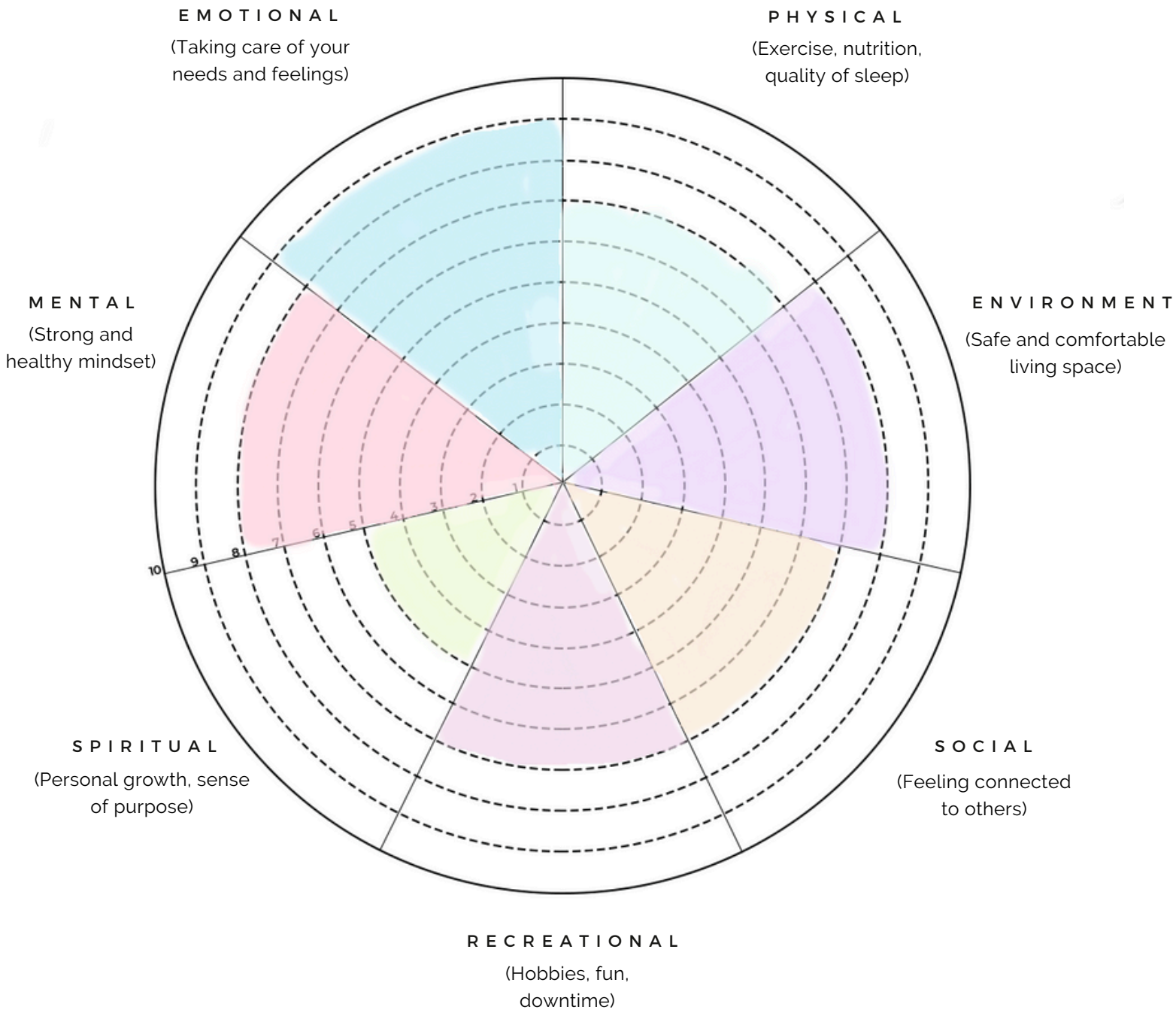


WELLNESS WHEEL



WELLNESS WHEEL EXAMPLE



FOLLOW-UP QUESTIONS

What score did you give each area?

Mental: __/10 Emotional: __/10 Physical: __/10 Environmental: __/10
Spiritual: __/10 Social: __/10 Recreational: __/10

Which areas do you want to focus on improving right now? (Pick 1-3)

What would need to happen to improve your chosen areas by 1 point?

What types of activities and practices would help you with your chosen areas?

What actions can you take in the next 3-6 months to improve these areas?