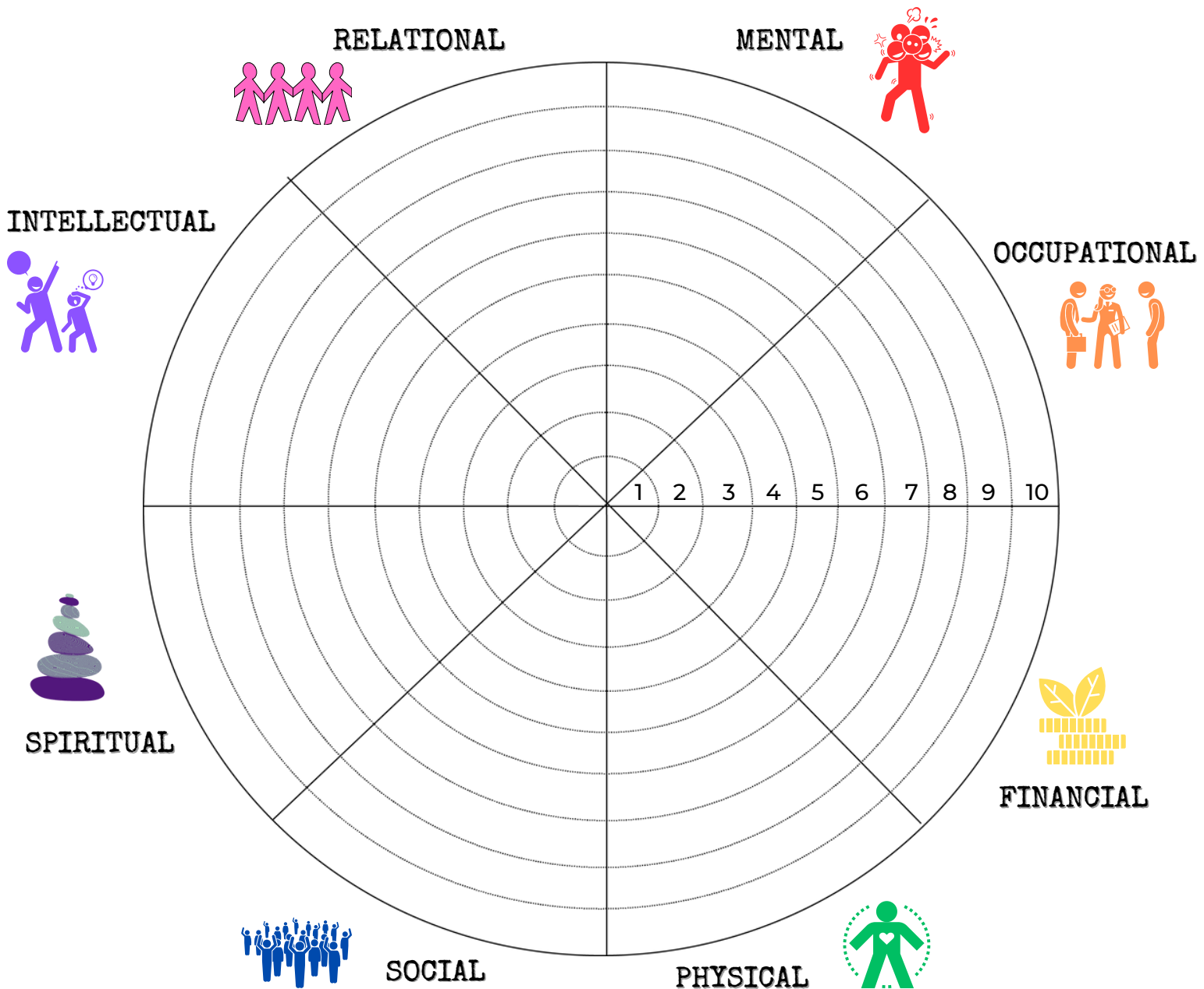


wheel of WELLBEING

- 1) REVIEW THE 8 CATEGORIES, AND IF NECESSARY RENAME CATEGORY SEGMENTS TO ADD IN SOMETHING THAT IS MISSING, OR MAKE IT MORE MEANINGFUL TO YOU.
- 2) PLOT YOUR CURRENT SATISFACTION WITH EACH CATEGORY.
- 3) DRAW A LINE CONNECTING EACH ONE.
- 4) COMPLETE PAGES 2-5 AS YOU CONSIDER THE SHAPE AND SITUATION.

SCORING IS BETWEEN 1 (VERY DISSATISFIED) AND 10 (FULLY SATISFIED)



wheel of WELLBEING

AFTER CREATING THE WHEEL OF WELLBEING, ANSWER THE FOLLOWING QUESTIONS. BE HONEST WITH YOURSELF IN YOUR REFLECTION.

HOW DO YOU FEEL ABOUT THE OVERALL PICTURE OF YOUR LIFE?

WHAT AREAS OF YOUR LIFE CAN YOU CELEBRATE?

WHAT AREA(S) OF YOUR LIFE NEED YOUR ATTENTION?

DO YOU HAVE A SUPPORT SYSTEM FOR EACH AREA OF YOUR LIFE?

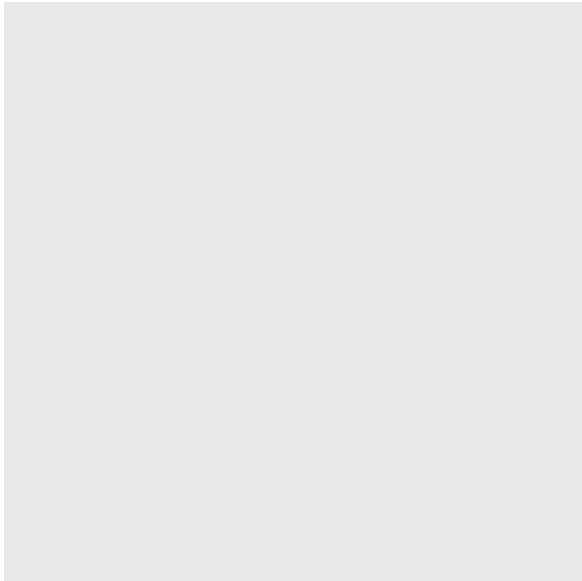
THINK BACK A YEAR AGO. HOW DIFFERENT WERE YOUR ANSWERS?

wheel of WELLBEING

WRITE A SHORT STATEMENT ABOUT EACH AREA IN YOUR LIFE, AND HOW YOU CAN IMPROVE IT.

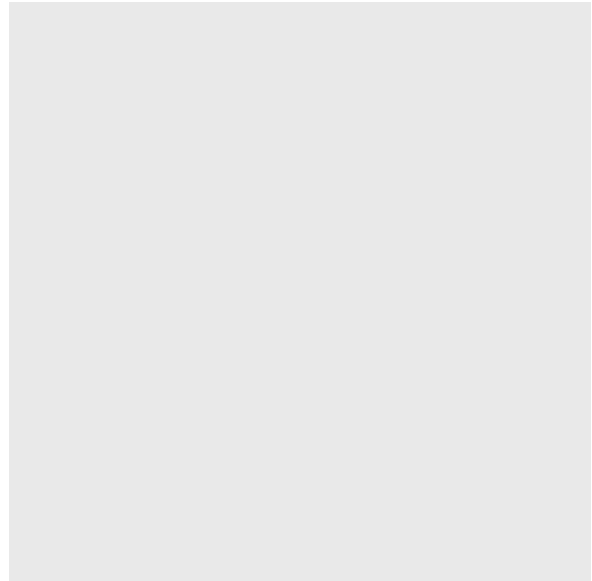
RELATIONAL

YOU + YOUR SIGNIFICANT OTHER, FAMILY MEMBER(S), OR OTHERS CLOSE TO YOU



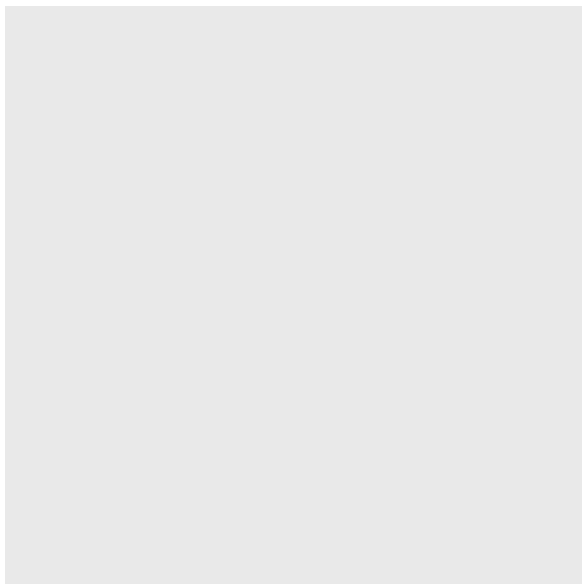
INTELLECTUAL

YOUR CREATIVE MIND + ITS EXPANSION THROUGH OUTSIDE RESOURCES, INPUT



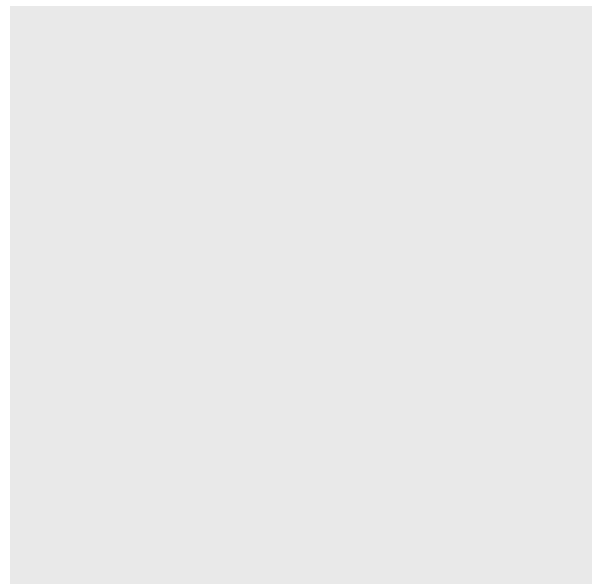
SPIRITUAL

PURPOSE + YOUR SENSE OF CONNECTION TO SOMETHING GREATER THAN YOURSELF



PHYSICAL

YOUR BODY, ITS FITNESS AND HEALTH, THE WORKINGS OF YOUR HUMAN CONTAINER

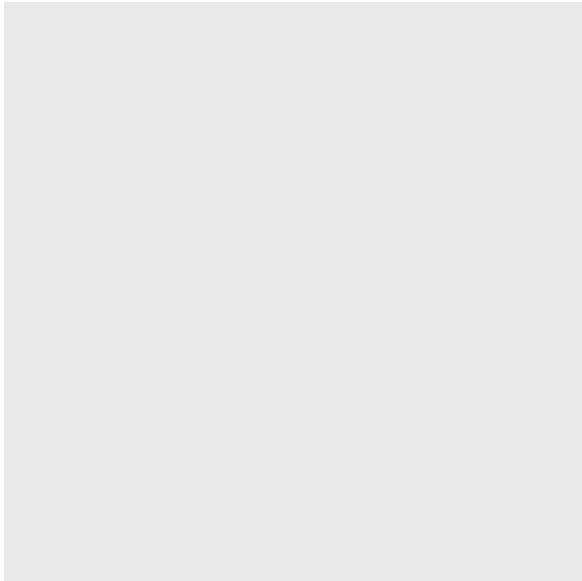


wheel of WELLBEING

WRITE A SHORT STATEMENT ABOUT EACH AREA IN YOUR LIFE, AND HOW YOU CAN IMPROVE IT.

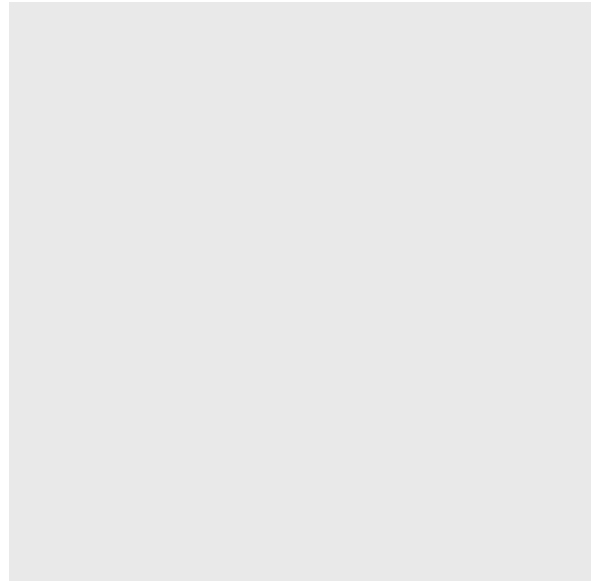
OCCUPATIONAL

YOUR WORK/CAREER, INCLUDING THE PEOPLE WITH WHOM YOU SHARE THIS TIME



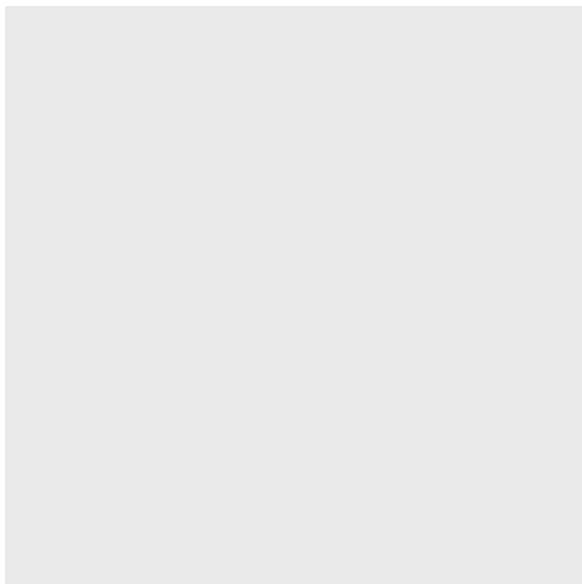
MENTAL

YOUR MIND + AWARENESS OF SELF AS YOU RELATE TO THE WORLD AROUND YOU



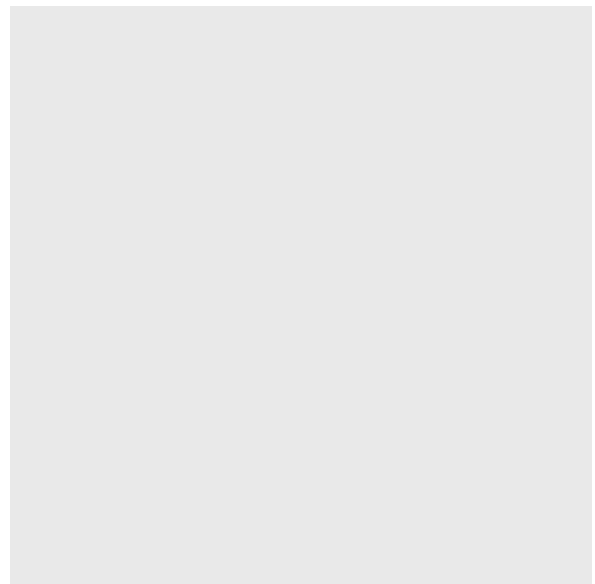
FINANCIAL

SECURITY + MONEY, HOW YOU MAKE IT, SAVE IT, SPEND IT, RELATE TO IT



SOCIAL

SENSE OF BELONGING, COMMUNITY, AND A LARGER SUPPORT SYSTEM



wheel of WELLBEING

CHOOSE 1 OR 2 AREAS YOU'LL FOCUS ON WITH A COACH OR MENTOR OR ON YOUR OWN. YOU DON'T HAVE TO CHOOSE THE AREAS THAT ARE LEAST SUCCESSFUL. CHOOSE THE ONES YOU WANT TO IMPROVE THE MOST OR THE ONES THAT WILL HELP STRENGTHEN YOUR SENSE OF IDENTITY.

ACTIONS TO TAKE:

_____ _____
_____ _____
_____ _____

AREA OF ATTENTION

THE PLAN