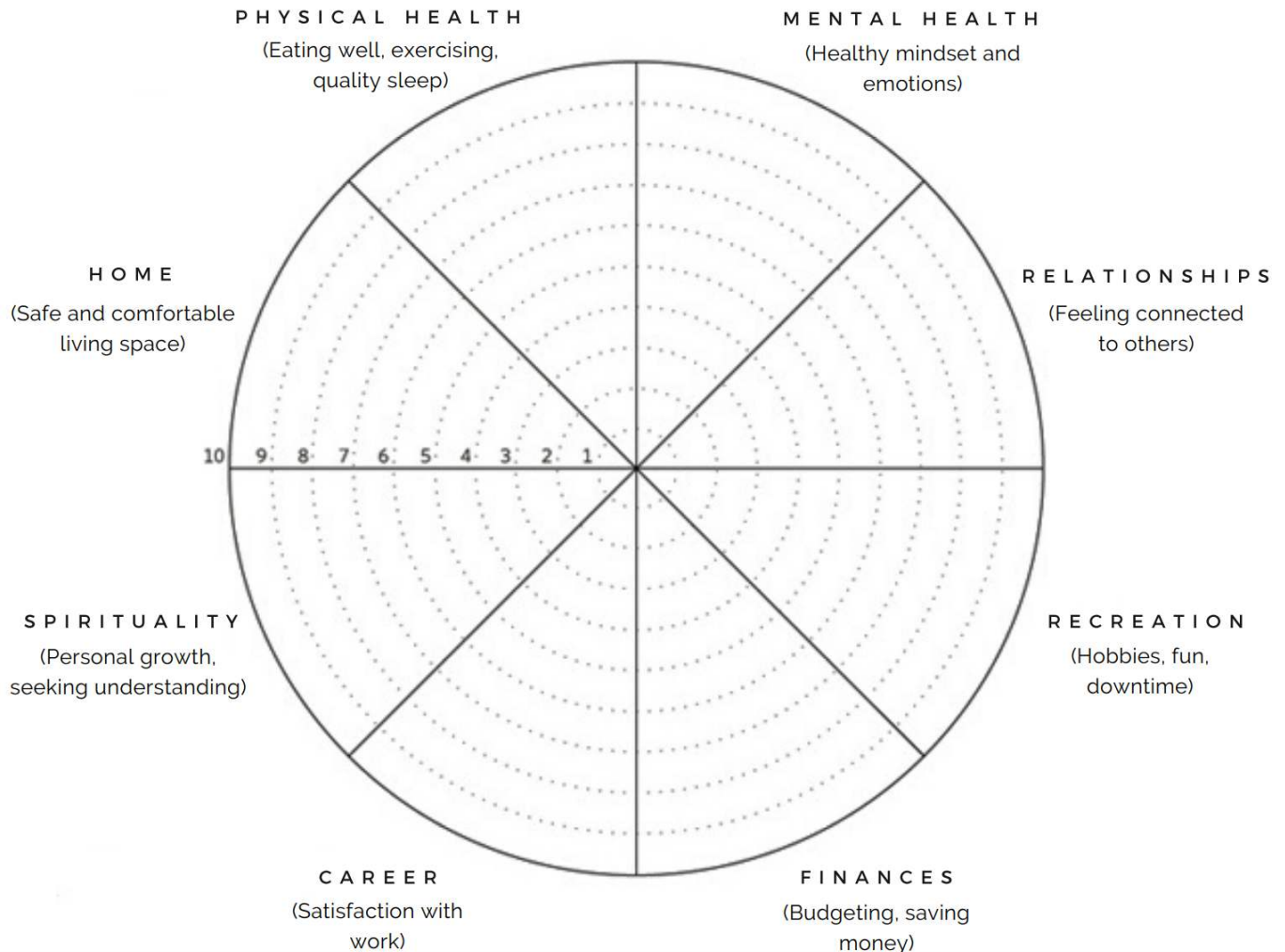


The Wellness Wheel | Introspective Activity



Instructions:

Colour the number of spaces on the wheel in each area that reflects how satisfied you feel.

1 = not satisfied, 10 = very satisfied.

This will help you see where you are doing well and where you could use some attention.

Which areas do you feel could use improvements right now (and why):

When you envision fulfillment in these areas, what do you picture?

What types of activities and practices would help you feel more fulfilled?

What actions can you take within the next 3 months that can help shift these areas for you?

To avoid overwhelm, choose 1-2 areas maximum to work on. You may want to revisit this exercise quarterly. This will help you tune into your ever changing needs.