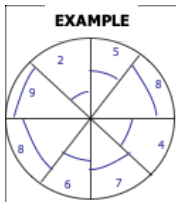
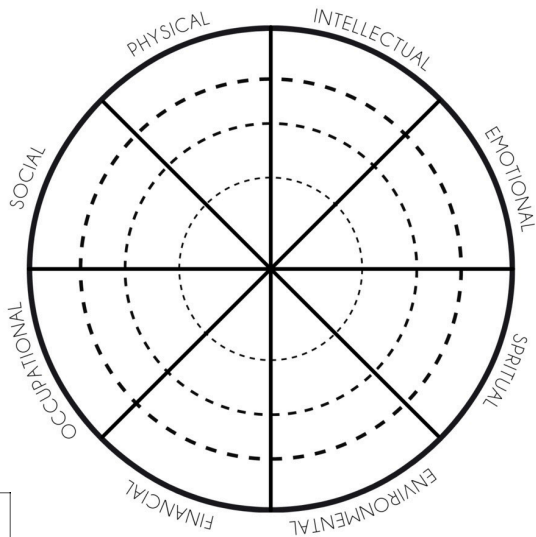


- Review the wheel categories.
- Think about how a satisfying life might look like for each area.
- Draw a line across each segment representing your satisfaction score for each area.
- Imagine the center of the wheel is 0 and the outer edge is 10.
- Choose a value between 1 (dissatisfied) and 10 (fully satisfied).
- Next draw a line and write the score alongside.

Wellness Wheel of Life



8 Dimensions of Wellness

1. **Physical - Body**
 - a. Eat Healthy food
 - b. Sleep
 - c. Exercise
2. **Emotional**
 - a. Mind
 - b. Feelings
 - c. Attitude
 - d. Support
3. **Intellectual**
 - a. Brain
 - b. Learning
4. **Social**
 - a. Relationships
5. **Spiritual**
 - a. Soul
 - b. Faith
 - c. Meditation
6. **Environmental**
 - a. Earth
 - b. Living Conditions
 - c. Chemical and Toxins
7. **Occupational**
 - a. Career
 - b. Job/Workplace
8. **Financial**
 - a. Income
 - b. Savings

