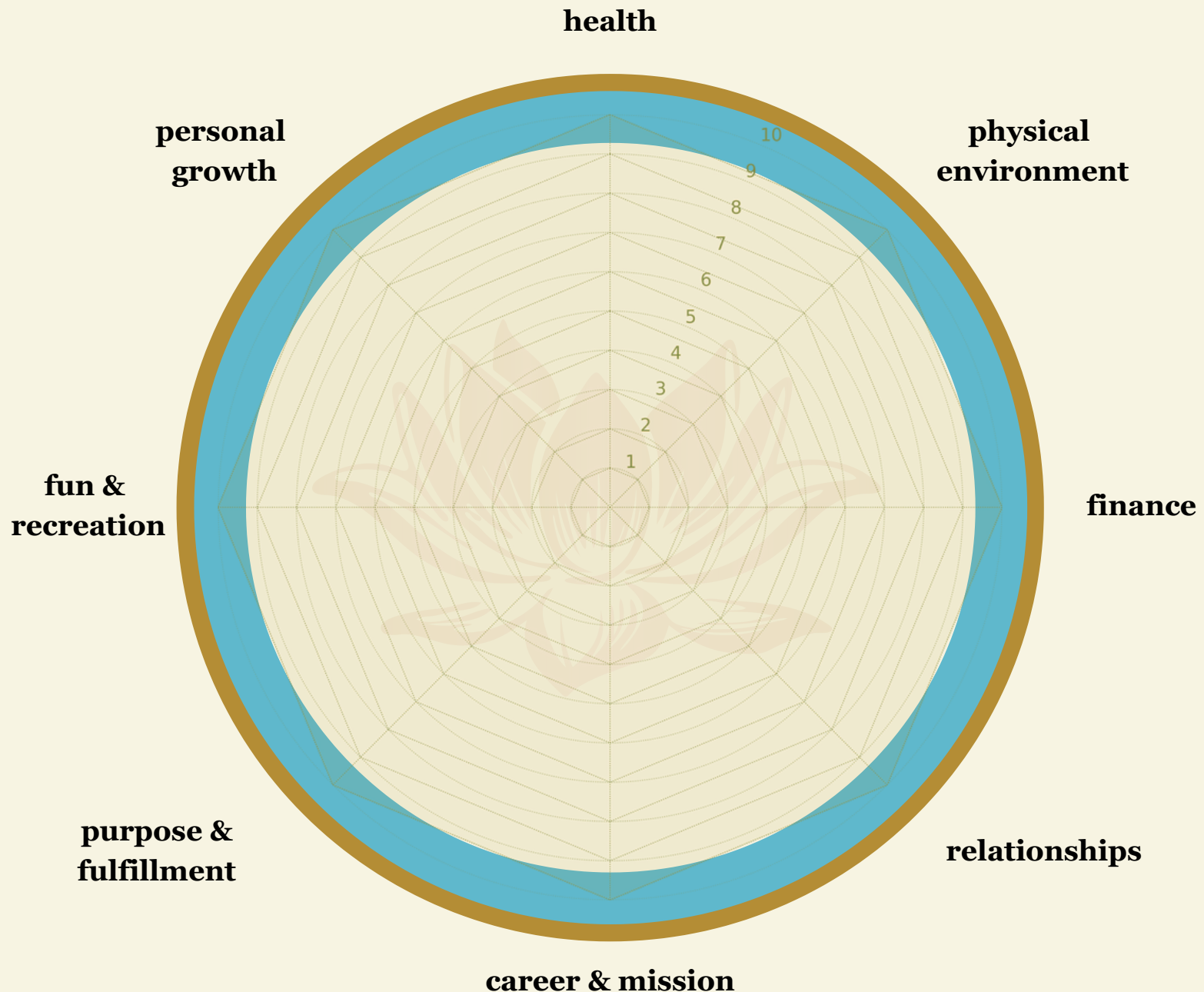


be well & heal wellness wheel

Instructions:

1. Reflect on each category of your life.
2. Rate your current level of satisfaction in each area from 1 (lowest) to 10 (highest) by marking it on the corresponding spoke of the wheel.
3. Connect the points you've marked to create your unique wheel.
4. Use your wheel to identify areas of strength and opportunities for growth.



Journal Questions

1. Which areas of your life feel most fulfilling? Why?
2. Where do you see the biggest gaps or areas for improvement?
3. What is one small step you can take this week to improve an area with a lower score?

For more help and resources, visit
www.be-well-and-heal.com