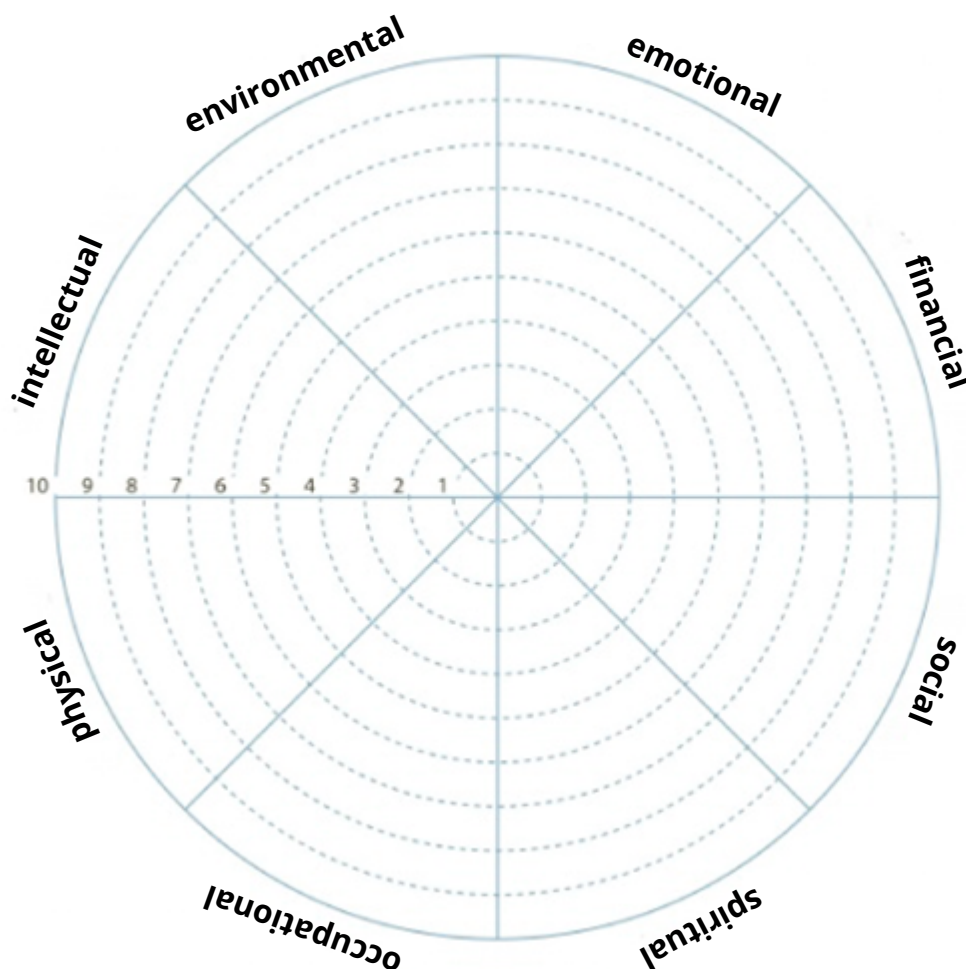


Wellness Wheel

The Wellness Wheel illustrates a wellness model with eight dimensions: **emotional**, **financial**, **social**, **spiritual**, **occupational**, **physical**, **intellectual**, and **environmental**.

Instructions:

As we discuss each dimension, determine your level of satisfaction with each. Use a 1 – 10 scale, where 1 indicates a low level of satisfaction and 10 indicates a high level of satisfaction. Shade in the appropriate areas of the circle for each dimension.



NOTES:

- All of the dimensions are interconnected and important to a well-rounded and balanced lifestyle.
- Everyone's wheel will look different as it reflects our personal preferences through our priorities, approaches, and aspirations.