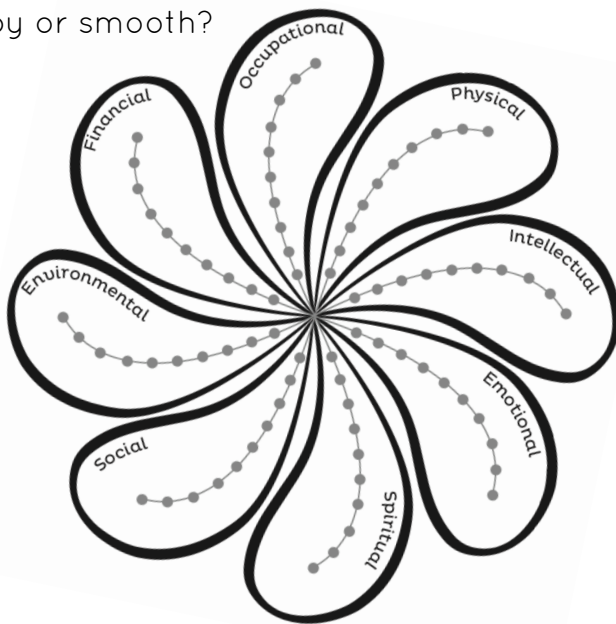




Take a turn on the wellness wheel

The wellness wheel can help you identify areas in your life where things are going well and areas that need attention. This quick self-assessment provides you with an opportunity to pause, reflect and act. In each segment (or petal as I like to call them) give yourself a score from 1 – 10. 1 is blah, 10 is BOOM.

1 is the dot closest to the centre of the flower (wheel) 10 is the outside petal. Join the dots and get a helicopter view of how your wheels are turning. Is your wellness ride bumpy or smooth?



What segment of the wellness wheel will I focus on?

How will I do this?

