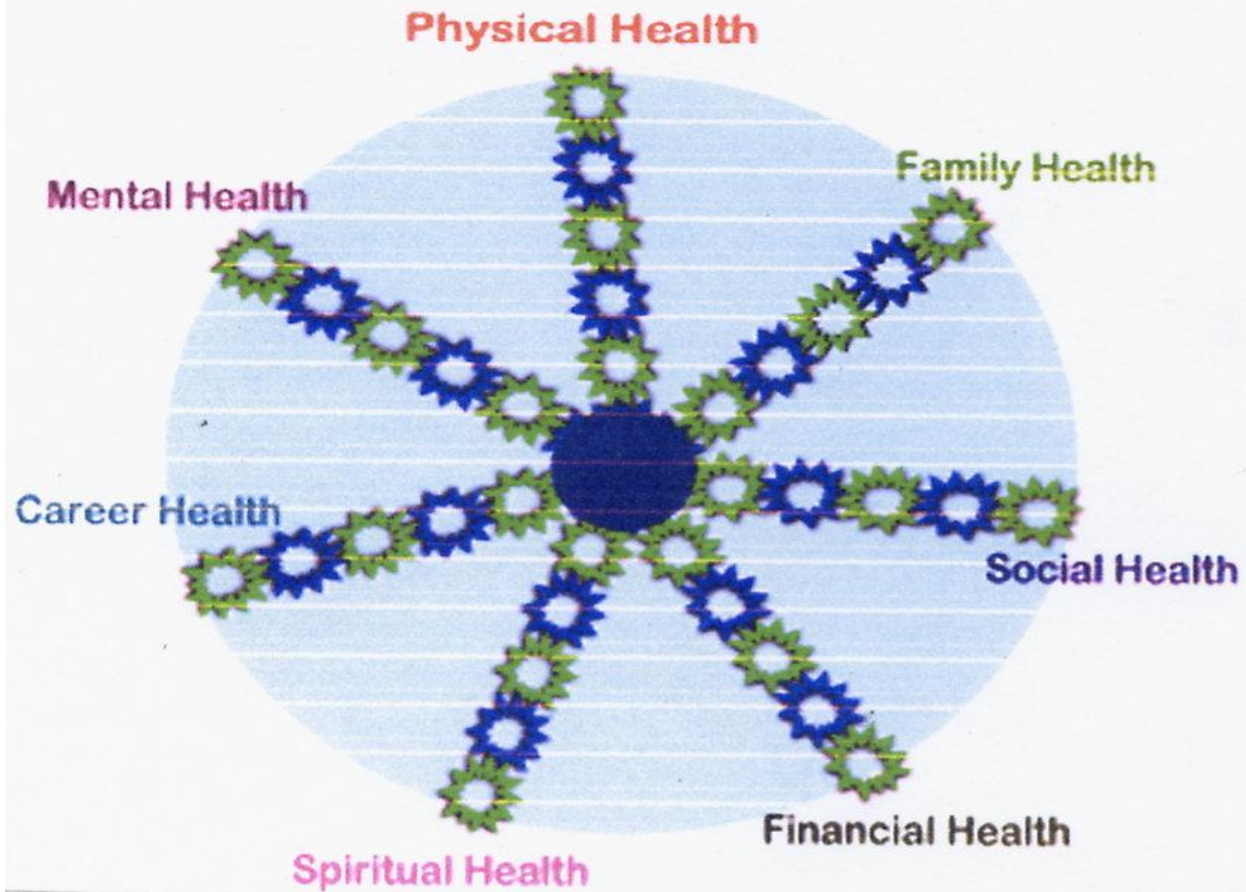


# Wellness Wheel



Your Wellness, or Quality of Life, affects everything you do and everyone you know.

Use this worksheet to assess your overall Wellness. Place a mark on each spoke of the *Wellness Wheel* to indicate your assessment of aspects of your life.

The farther you mark from the center, the better you feel about that aspect of your life.

Then connect your marks.

The "rounder" your marks (like a circle), the more balanced your life.