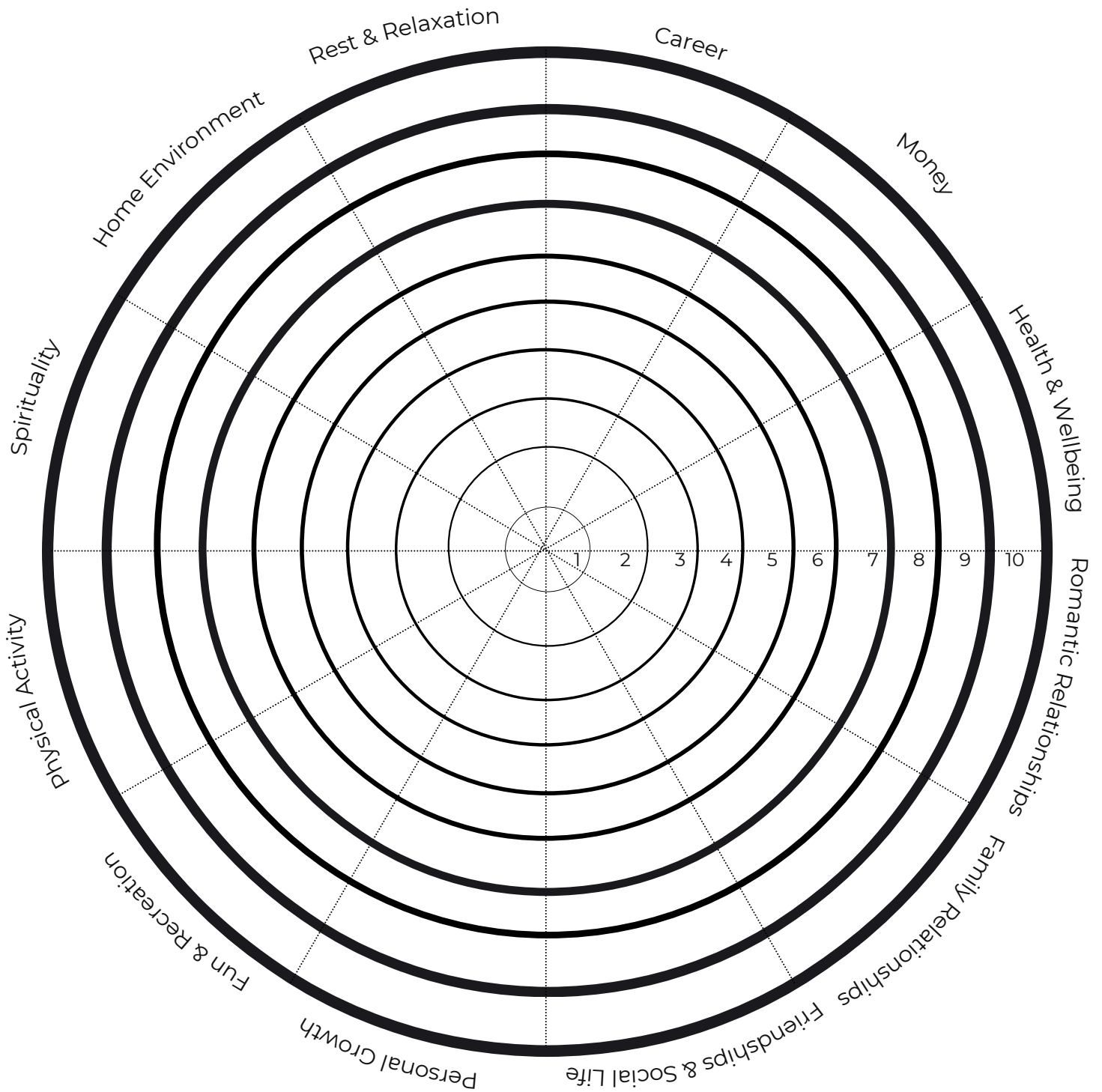


YOUR WHEEL OF WELLNESS



Career
Money
Health & Wellbeing
Romantic Relationships
Family Relationships
Friendships & Social Life

Personal Growth
Fun & Recreation
Physical Activity
Spirituality
Home Environment
Rest & Relaxation



QUESTIONS FOR REFLECTION:

What was it like to do this exercise?

How did you feel during and after completing it?

What did you realize or become aware of as you were completing it?

QUESTIONS FOR REFLECTION:



When you look at your wheel what do you notice?

Are there areas calling to be NOURISHED?

Are there areas of your life that need attention?



QUESTIONS FOR REFLECTION:

Which areas of your life are you willing to address now, soon, later?

What are the three main areas that you would most like to see a positive shift in over the next 90-days?

If you could wave a magic wand, and really get what you want in the next 90 days, what would that look like?

What feels most important about that area being the first one to address?