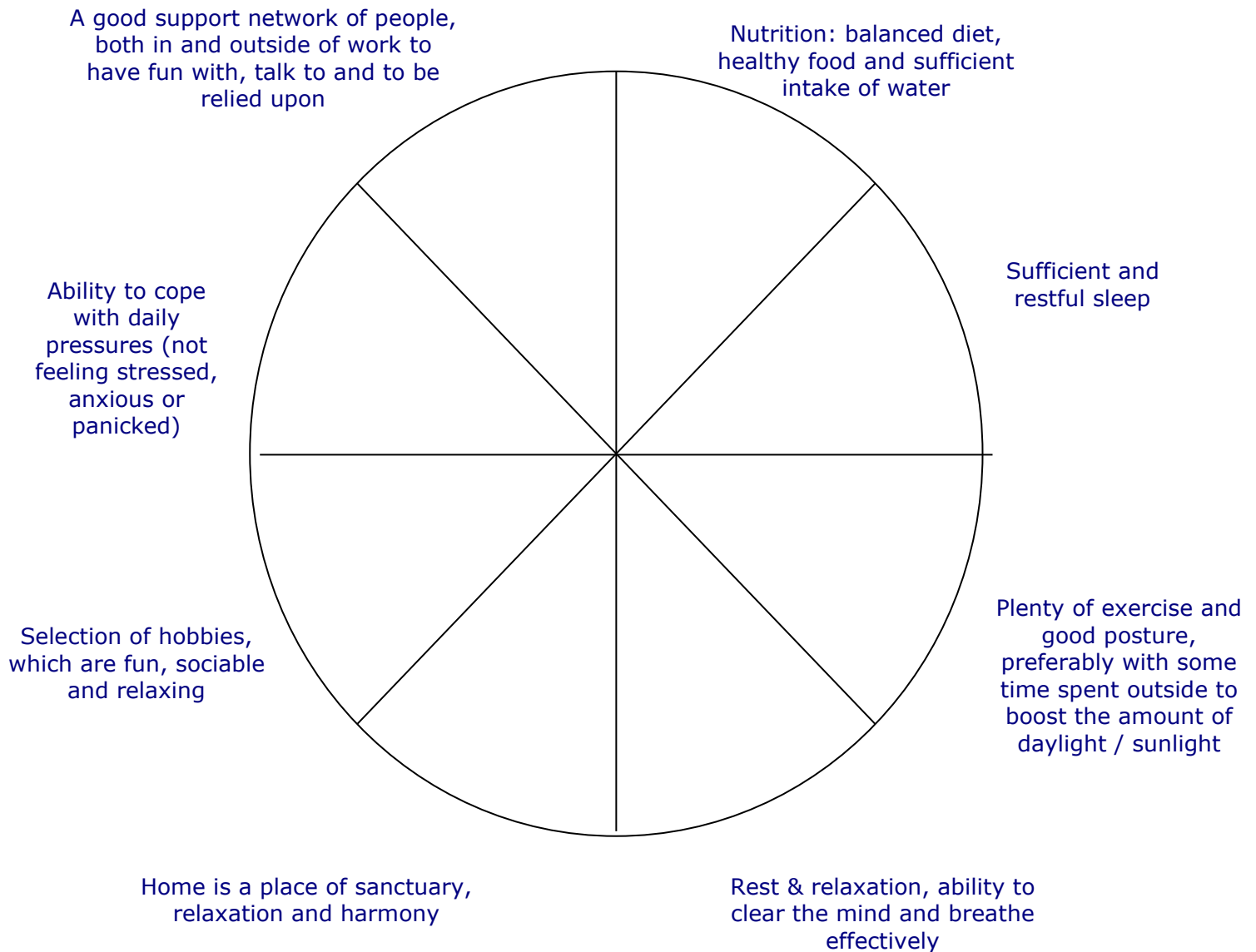


Health & Wellbeing Wheel



Directions:

Score your sense of satisfaction with the above labelled aspects of your health & wellbeing. If one does not apply, replace it with a more appropriate label. Use the scale of 0 to 10 to assess your performance, where 0 is in the centre and 10 at the edge of the circle. Identify areas you wish to improve. Determine what actions you will take to improve your scores.