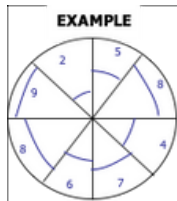
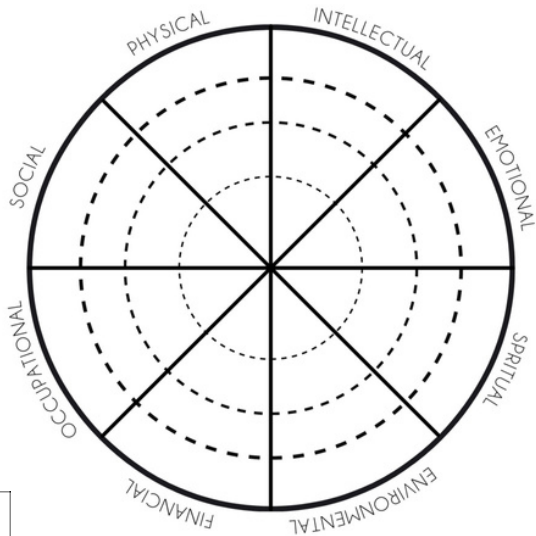


# Wellness Wheel of Life

- Review the wheel categories.
- Think about how a satisfying life might look like for each area.
- Draw a line across each segment representing your satisfaction score for each area.
- Imagine the center of the wheel is 0 and the outer edge is 10.
- Choose a value between 1 (dissatisfied) and 10 (fully satisfied).
- Next draw a line and write the score alongside.



## 8 Dimensions of Wellness

1. **Physical - Body**
  - a. Eat Healthy food
  - b. Sleep
  - c. Exercise
2. **Emotional**
  - a. Mind
  - b. Feelings
  - c. Attitude
  - d. Support
3. **Intellectual**
  - a. Brain
  - b. Learning
4. **Social**
  - a. Relationships
5. **Spiritual**
  - a. Soul
  - b. Faith
  - c. Meditation
6. **Environmental**
  - a. Earth
  - b. Living Conditions
  - c. Chemical and Toxins
7. **Occupational**
  - a. Career
  - b. Job/Workplace
8. **Financial**
  - a. Income
  - b. Savings



*Sustah-Girl*  
CHRONICLES

