

## Wellness Wheel

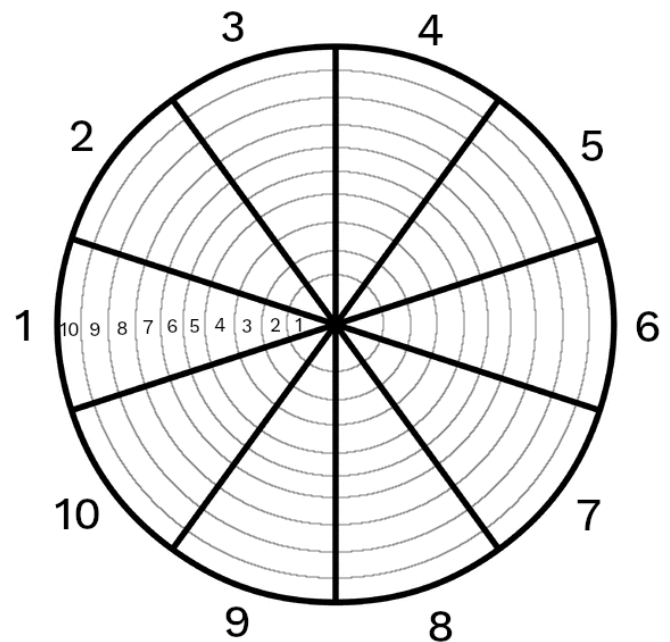
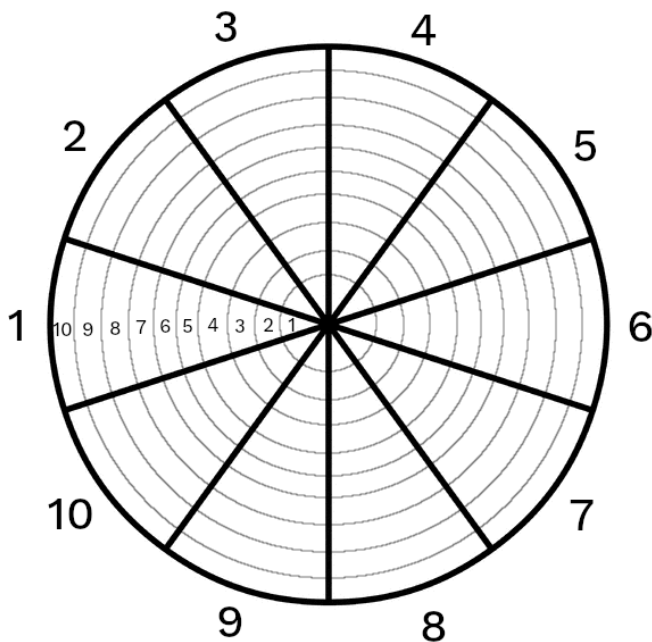
### Instructions:

Grab colored pencils, markers, or crayons and pick out 10 colors that resonate with you for each of the 10 categories listed to the right.

1. Color each pie slice with a color that resonates with you for each category in both wheels.
2. Rate your current level of fulfillment from 1-10 in each category and mark it on the first wheel with a dot. Connect the dots.
3. Rate 1-10 what you would like your future level of fulfillment to be on the second wheel. Connect the dots.
4. Next to the numbers on the second wheel, identify how you want to feel in the future in each category and label it with a feeling word.

### Categories

1. Health & Wellness
2. Finances
3. Fun & Recreation
4. Family
5. Friends
6. Physical Environment
7. Business/Career/Mission
8. Personal Growth
9. Spirituality
10. Romance



**How balanced is your wellness wheel?**

