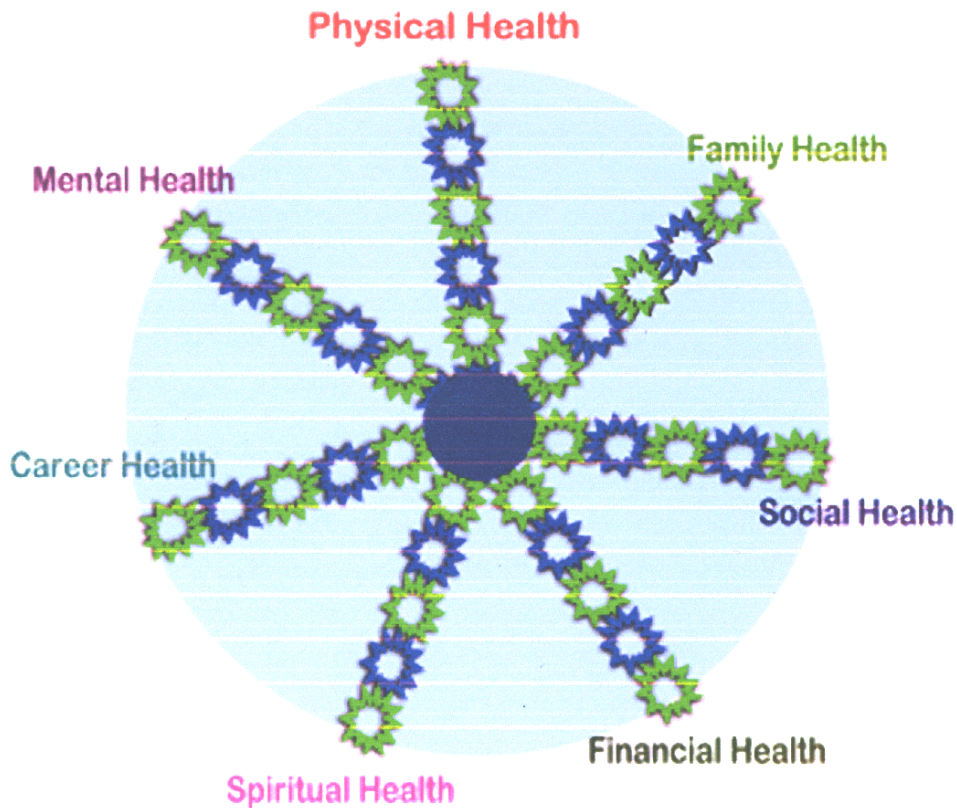


Figure 1

Wellness Wheel



Your Wellness, or Quality of Life, effects everything you do and everyone you know. Use this worksheet to view your overall Wellness. 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 the more balanced your life.