



Your Whole Life: The Dimensions of Wellness

Directions: With the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a curved line to create a new outer edge. The new perimeter of the circle represents where each dimension of your life is in this moment and provides a picture of your “wheel”. How bumpy would the ride be if this were a real wheel?

After completing your wheel, take a moment to record anything that surprised you, affirmed you, or otherwise got your attention.

