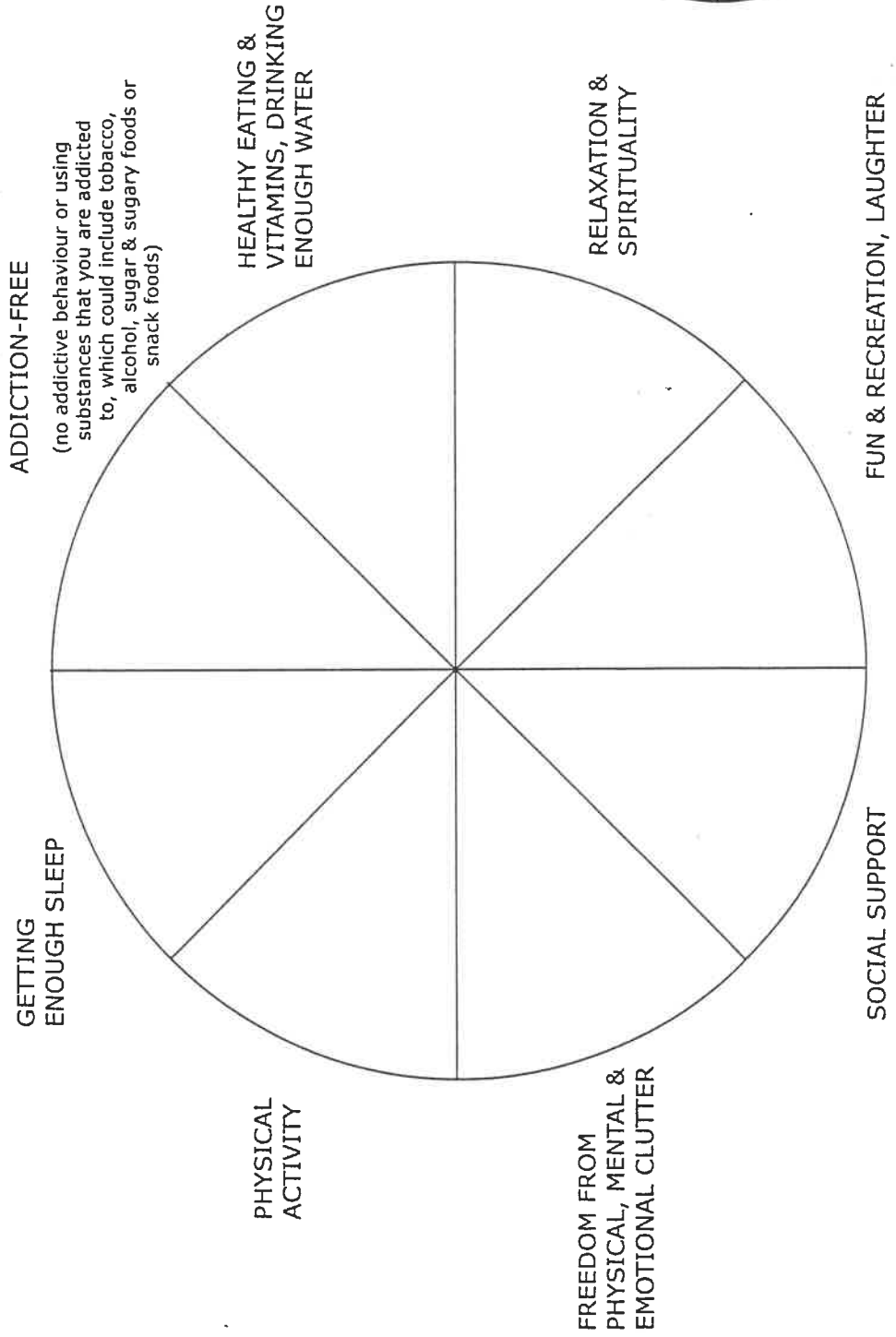


The Wheel of Self-Care

There are certain things everyone can do to improve their health and wellness. Look at the sections of the wheel and decide how well you're doing with each section. If the centre of the wheel is "0" and the outer edge is "10", draw a line with your score for each area. If you feel you're at a "10" in every section, then you'd have a perfectly round wheel. Most of us have a different score for every section - some are higher than others. So we wobble around on a wheel that isn't in the best shape to carry us.

How smooth is your ride?



EXAMPLE:

