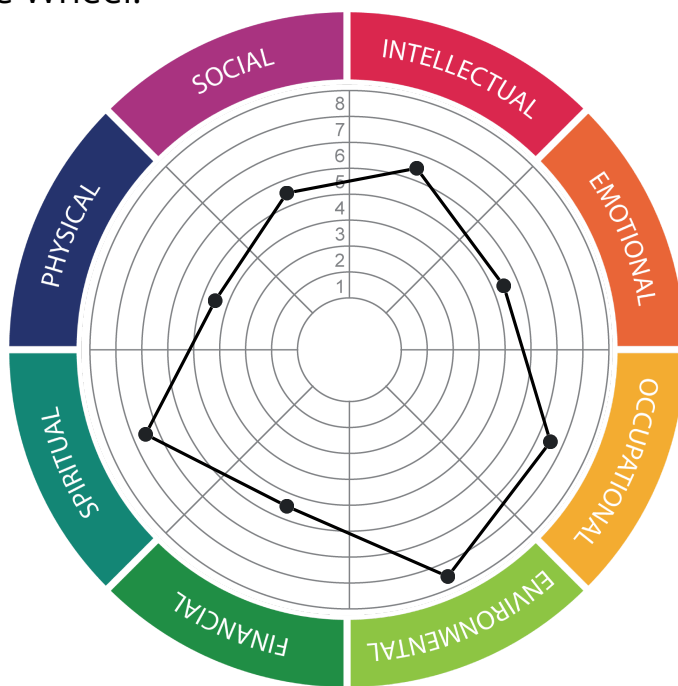


## THE WELLNESS WHEEL

How to complete your own Wellness Wheel Assessment:

1. Read the definitions and examples of each area of wellness at [www.cfmws.ca/us-wellnesswheel](http://www.cfmws.ca/us-wellnesswheel).
2. Rate each area on a scale of 1 to 8 (1 being poor / 8 being excellent) and draw a dot on the corresponding line.
3. Connect your dots to see how balanced your wheel is and what areas could use some work.

Example Wheel:



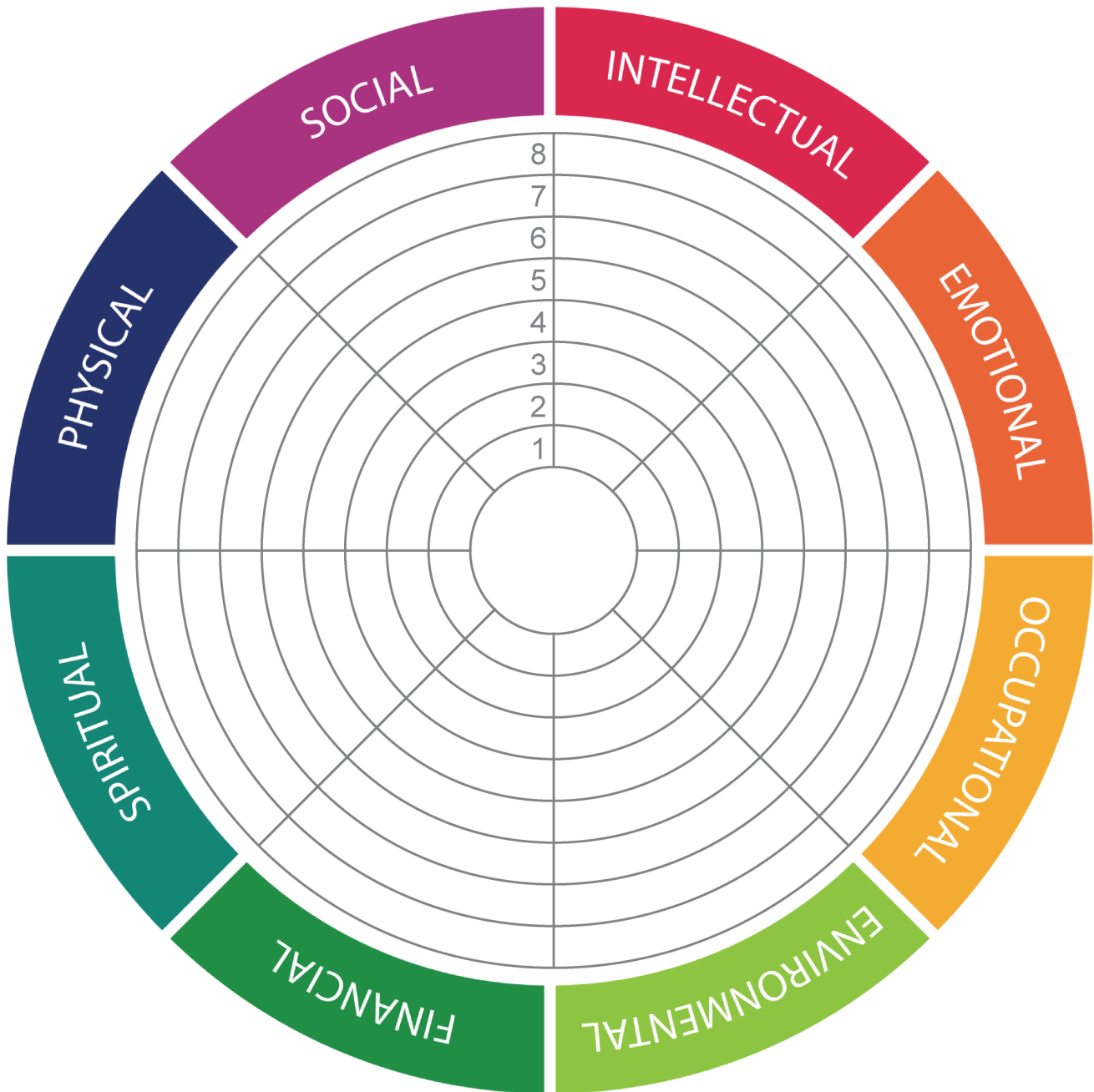
Once you've completed your wheel, its time to reflect.

Here are a few questions you can ask yourself:

1. Do you think your wheel could roll?
2. Is there one or two areas causing an imbalance? If so, what can you do to improve these areas?
3. Is your wheel fairly balanced? If so, what are the things you actively do to maintain this balance?

# YOUR WELLNESS WHEEL

[www.cfmws.ca/us-wellnesswheel](http://www.cfmws.ca/us-wellnesswheel)



The objective is not necessarily to discover a perfect balance among all areas, but rather to conscientiously consider each one and cultivate a personal harmony that resonates with you.