



HOW BALANCED IS YOUR LIFE ?

Partnering for Change Wellness Coaching

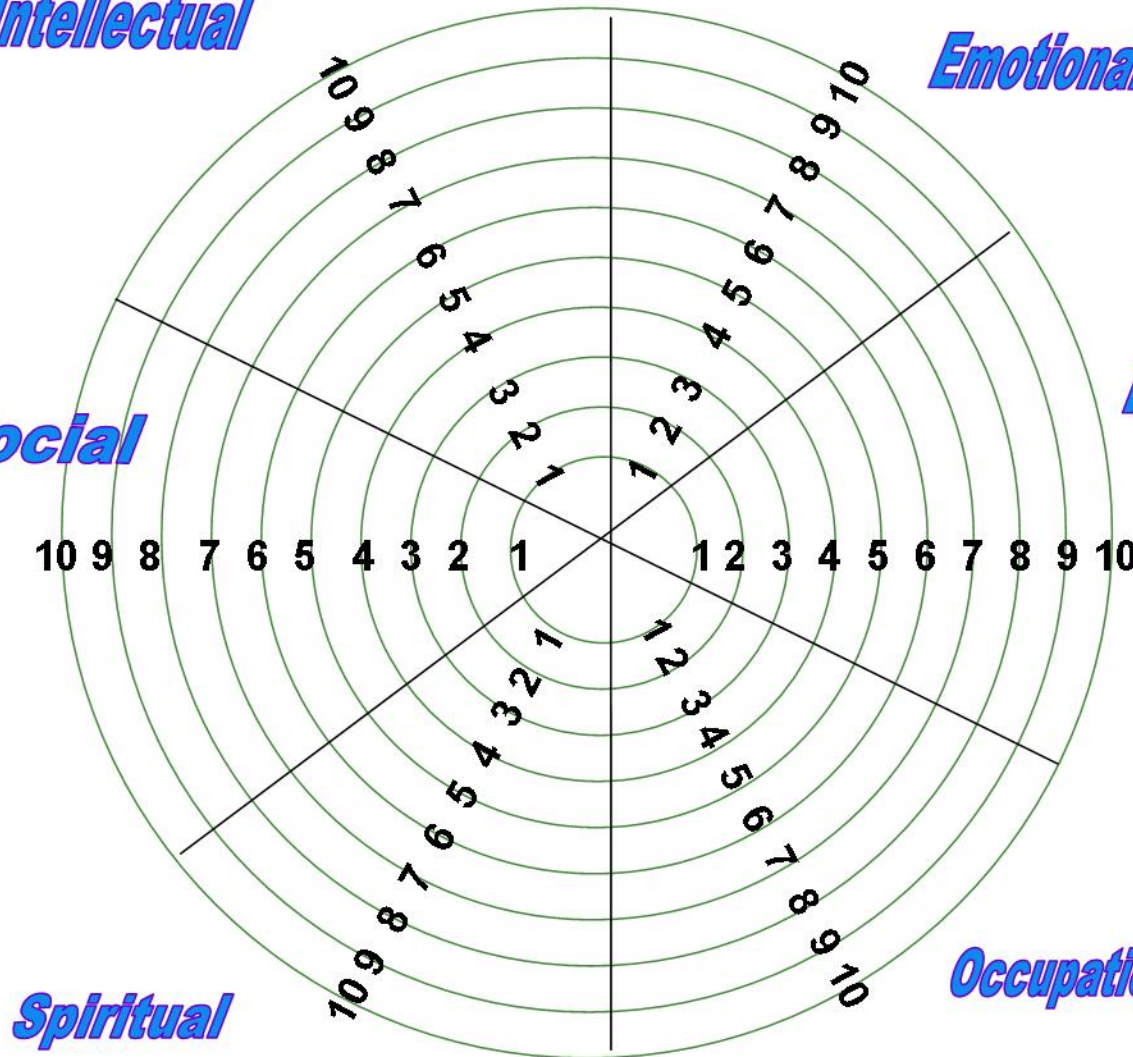
Intellectual

Emotional

Physical

Social

Occupational



10=completely satisfied
 5=middle of the road
 1=completely unsatisfied

Directions:

The Wellness Wheel is divided into ten circles—starting with 1 at the inner circle and going to 10 at the outer circle. Put an X on the line (#1-10) that represents your level of satisfaction with your wellness in each life category. Then shade in the area from the center to your X in each category to create your Personal Wellness Wheel.

ASK YOURSELF:

- What do I think of my Personal Wellness Wheel?
 How smoothly would it roll?
 Are there any surprises in it?
- What category of wellness is of most concern to me? Why?
 If I could bring my satisfaction with this category up to a 10, what would my wellness look like?
 What's stopping me from taking action?