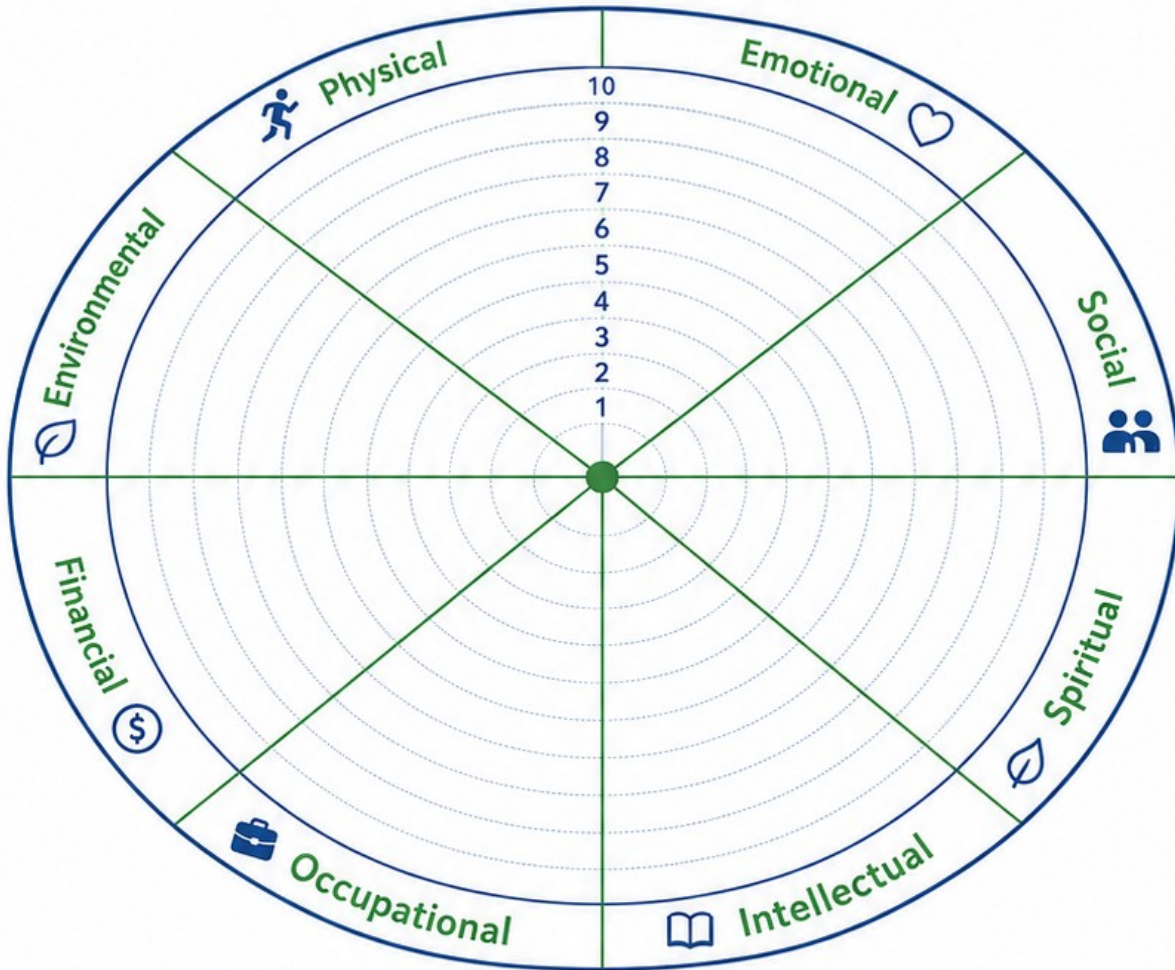




LifeWise
— THERAPY —

PERSONAL WELLNESS WHEEL

Rate each area from 1 to 10, then plot or shade your scores on the wheel.



RATE EACH AREA (1-10)											RATE EACH AREA (1-10)										
Physical	1	2	3	4	5	6	7	8	9	10	Intellectual	1	2	3	4	5	6	7	8	9	10
Emotional	1	2	3	4	5	6	7	8	9	10	Occupational	1	2	3	4	5	6	7	8	9	10
Social	1	2	3	4	5	6	7	8	9	10	Financial	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10	Environmental	1	2	3	4	5	6	7	8	9	10

★ What area needs the most attention right now? _____

🌱 One small step I can take this week: _____

