

# THE BALANCE WHEEL OF WELLNESS

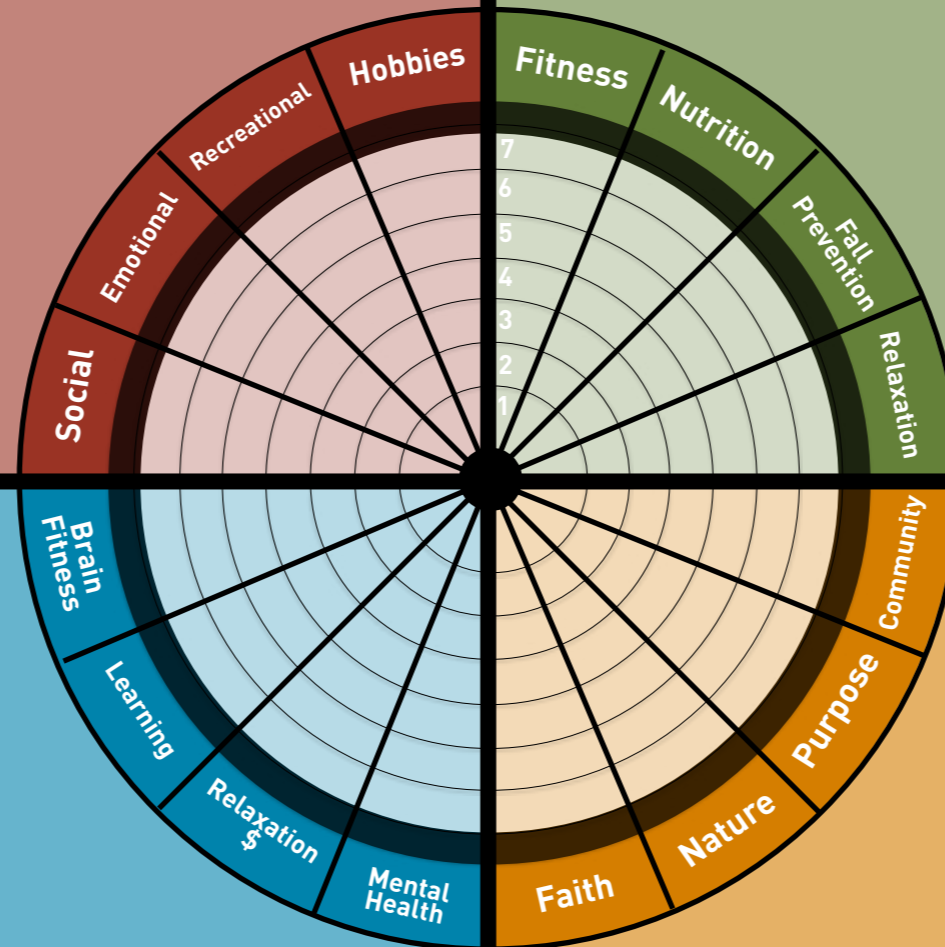
A visual assessment tool for maintaining a balanced and fulfilling lifestyle

## HEART

## BODY

## MIND

## SPIRIT



### 1 Assess

Rate your wellness efforts for each dimension of wellness on a scale of 0 to 7, with 0 being low and 7 being high. Place one dot on the chart for each dimension of wellness.

### 2 Connect the dots

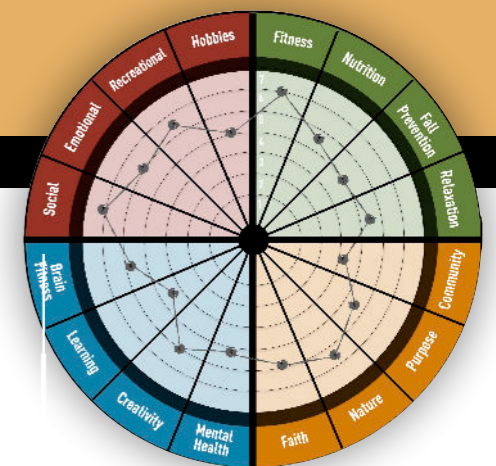
Connect the dots. This will help you visualize how balanced your current lifestyle is. See our example to the right.

### 3 Take Action

Identify opportunities for improvement and write down the actions needed to obtain balance. Use your weekly planner and daily scorecard to help you plan and stay focused.

### 4 Re-evaluate

Frequently rescore your wellness wheel to track progress and make adjustments as needed. Use our convenient wellness portal to enrich areas that need more attention.



EXAMPLE