

# THE BALANCE WHEEL OF WELLNESS

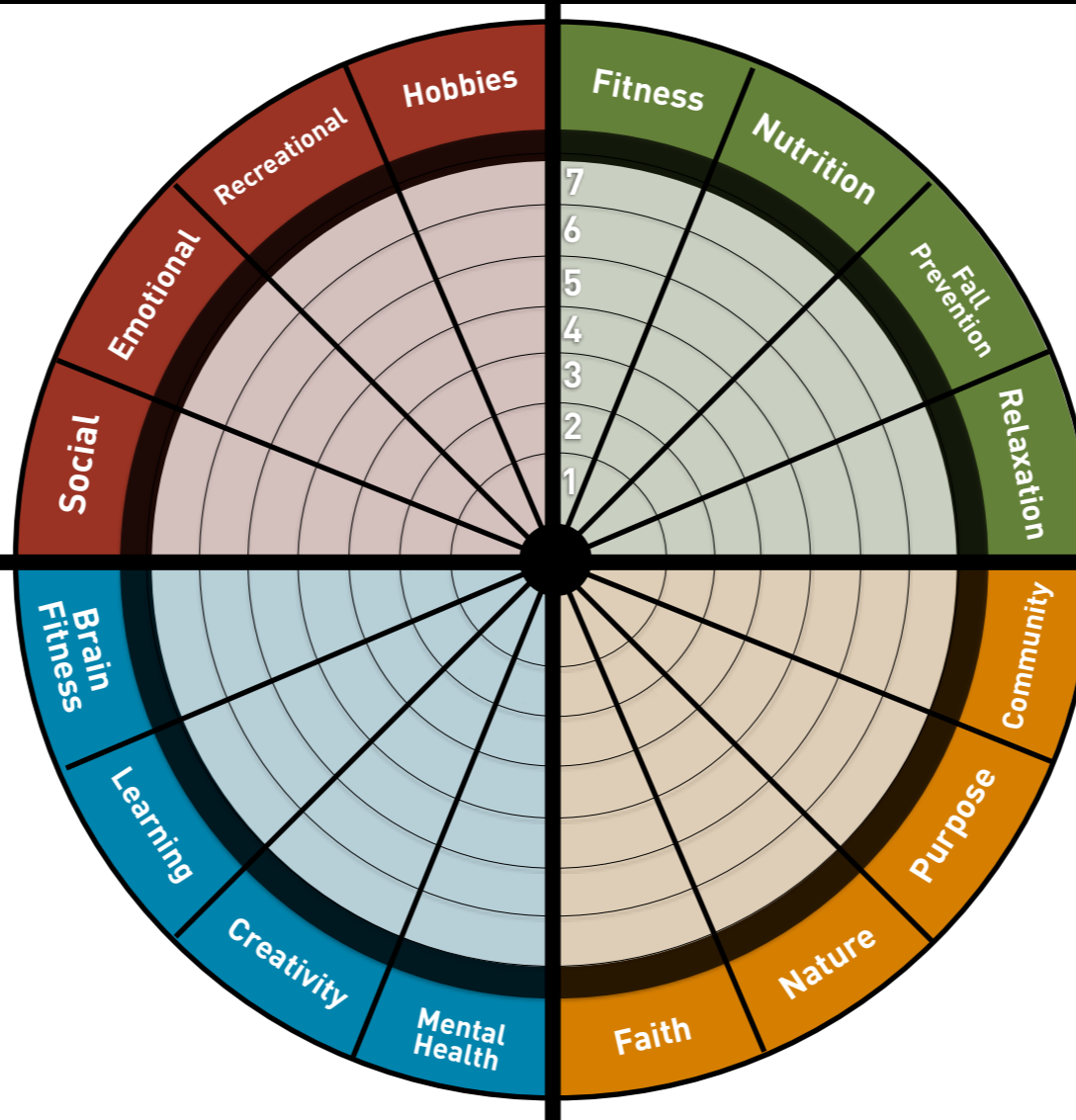
An assessment tool for maintaining a balanced and fulfilling lifestyle

HEART

BODY

MIND

SPIRIT



## 1 Assess

Evaluate Each Aspect: Assess your level of focus in every dimension using a scale from 0 to 7, marking each spoke on the wellness wheel accordingly.

## 2 Connect the dots

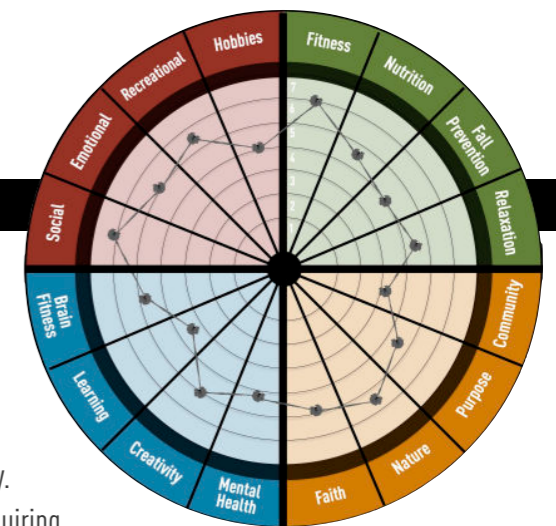
Link the scores to create a visual representation of the balance in your lifestyle. This visualization will highlight which areas require more attention.

## 3 Take Action

Recognize the gaps and jot down the necessary actions to restore harmony. Utilize your Weekly Planner and Scorecard to maintain your focus.

## 4 Re-evaluate

Regularly review your Wellness Wheel to monitor progress and adapt as necessary. Leverage the portal to enhance areas requiring attention.



EXAMPLE

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