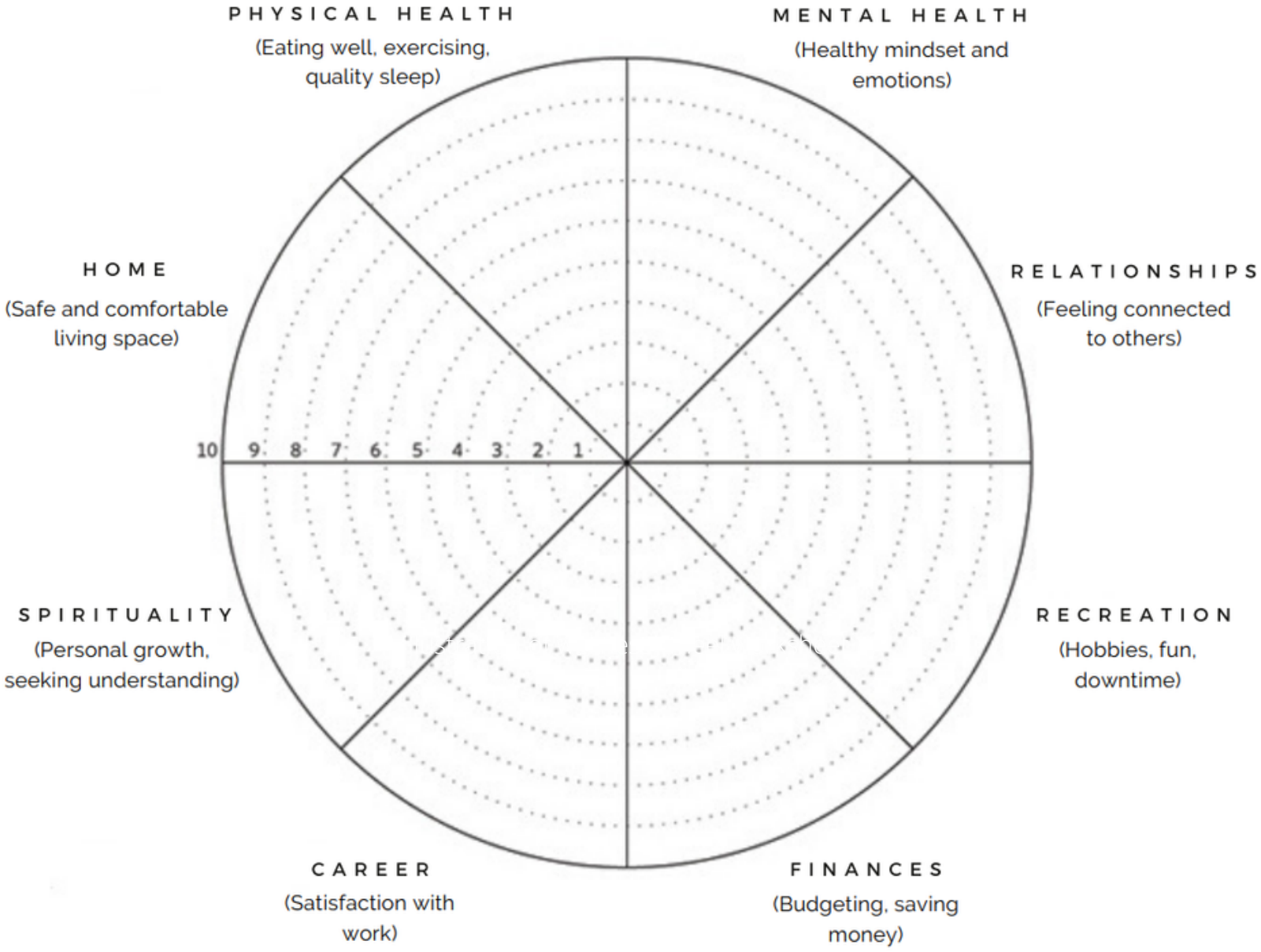
# The Wellness Wheel Worksheet




## INSTRUCTIONS

The eight sections in the wheel represent your life. Rank your level of satisfaction with each area out of 10. 1 means you are struggling and feel unfulfilled in that area. 10 means you're satisfied with that area and don't think it needs much improvement. Go with your gut on this one.
Color the number of spaces on the wheel that match your ranking, starting from the inside and working out. Once you're done, you should see which areas need improvement and which ones you feel satisfied with.