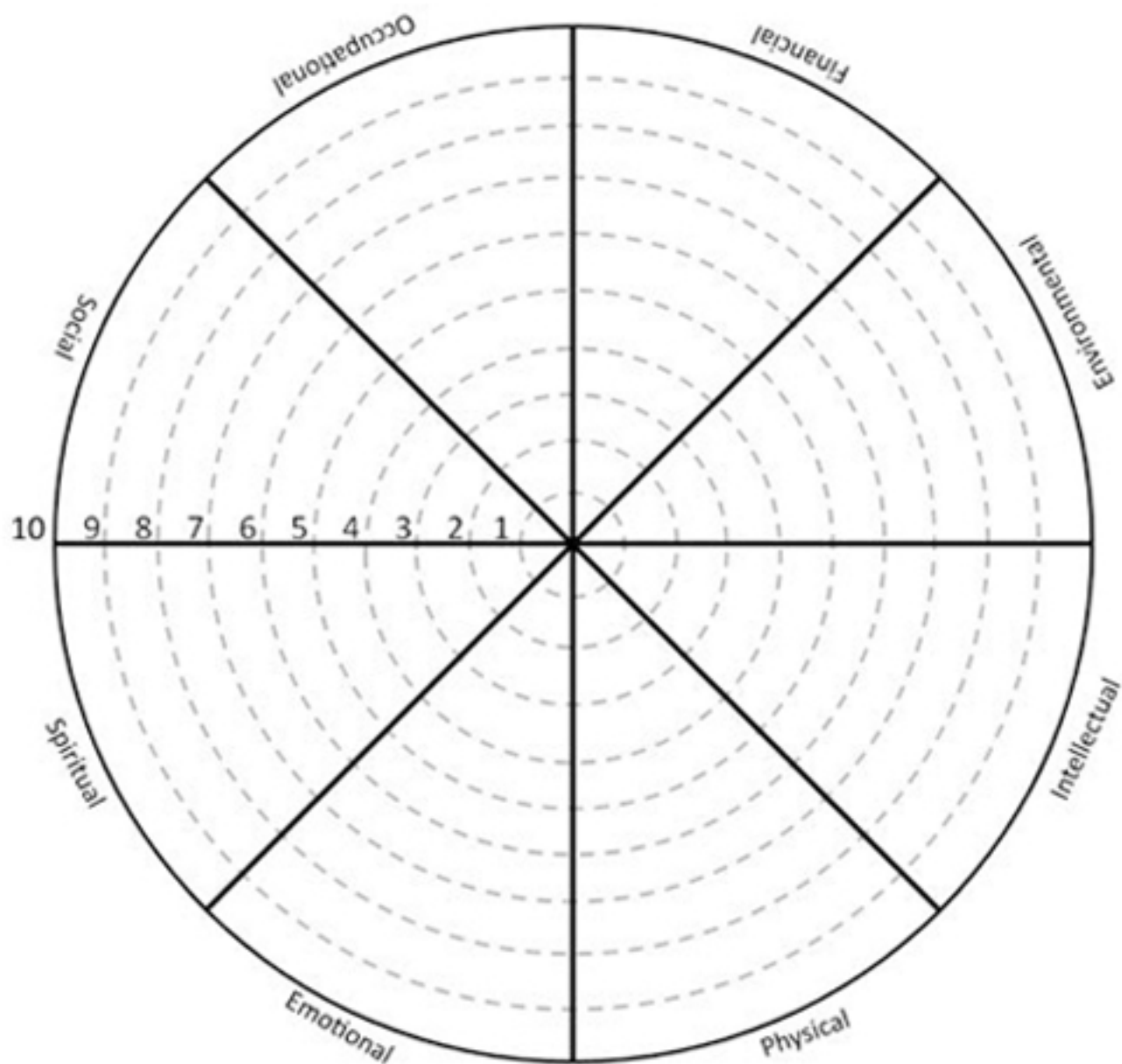


A WELLNESS WHEEL EXERCISE

Using the Wellness Wheel below, by shading or colouring in the segment to the level that matches your score, rate each of the elements that influence wellness as you see these elements compared to your expectations for that area. On the next page is a thought for each element on how it relates to personal wellness. However, if you don't feel the explanation fits your opinion of that element and wellness, then define it for yourself and rate it accordingly.



Rating Scale:

1-4 is in need of improvement, 5-7 is satisfactory, 8-9 is great, and 10 is far exceeding expectations.