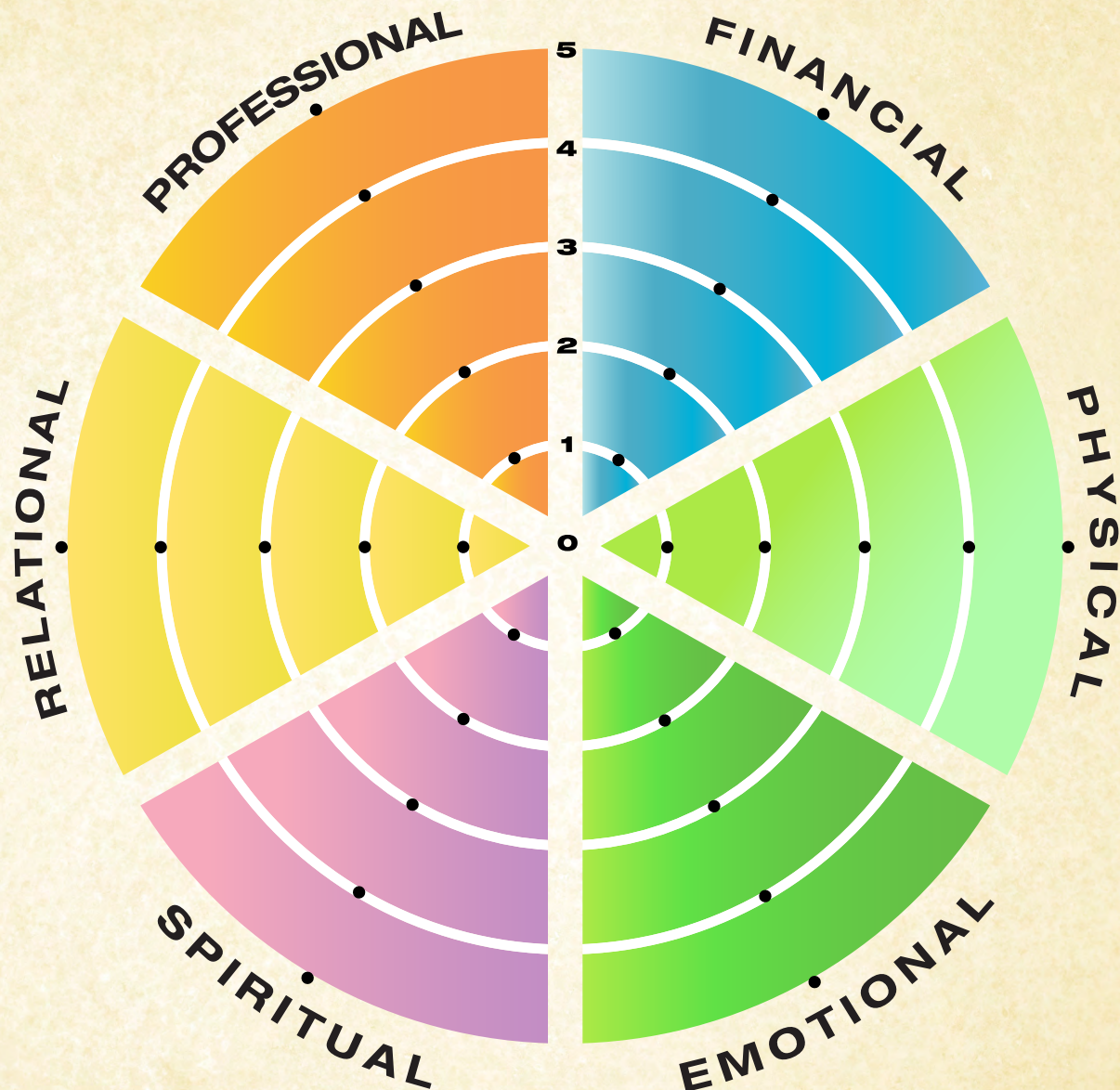


# The Wellness Wheel - Assessment Tool

Please take a moment to Self-Assess, using this tool. On the image below, using a scale of 0-5, give yourself a score in terms of your health in each area of life. With “5” representing consistent, abundant health, and “0” representing the opposite end of that spectrum, represent yourself honestly and objectively, knowing that this is a safe space to do so.



When you self-assess, please circle the dot on each area of life that corresponds. Then, connect the dots to visualize the health, symmetry, and alignment of your Personal Wellness Wheel.

