

FINDING
BALANCE.

WHEEL OF WELLNESS

The 8 segments in the wheel of wellness represent different areas of your life which need to be nurtured in order to have a balanced mind, body and soul. There are 10 spokes for each segment, the spoke closest to the center is 1, the spoke closest to the outer edge of the circle represents 10. The spokes are on a satisfaction scale, 1 being not satisfied at all and 10 being extremely satisfied.

You can join up the spokes to create a visual representation of how balanced your life is right now, to identify where you might increase levels of satisfaction. Just like a wheel with a broken spoke or a jagged edge, it will not move smoothly or efficiently, as does life when it is not balanced.

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