

DESIGN

# The lifestyle

YOU DESIRE

## Wellness Wheel



The wellness wheel provides a visual representation of the concept of wellness that demonstrates the need for “balanced” or “well-rounded” lives. Write a number between 2 and 10 in each triangle below to indicate how satisfied you are in each dimension of your life. The higher the number you give a dimension, the happier you are in this dimension.

When you have them all marked, draw a line across each triangle at that number to form a new outline of the circle.

Is your life well-balanced or is it unbalanced?

Which dimensions need the most attention?

Which dimensions would you most like to address?

