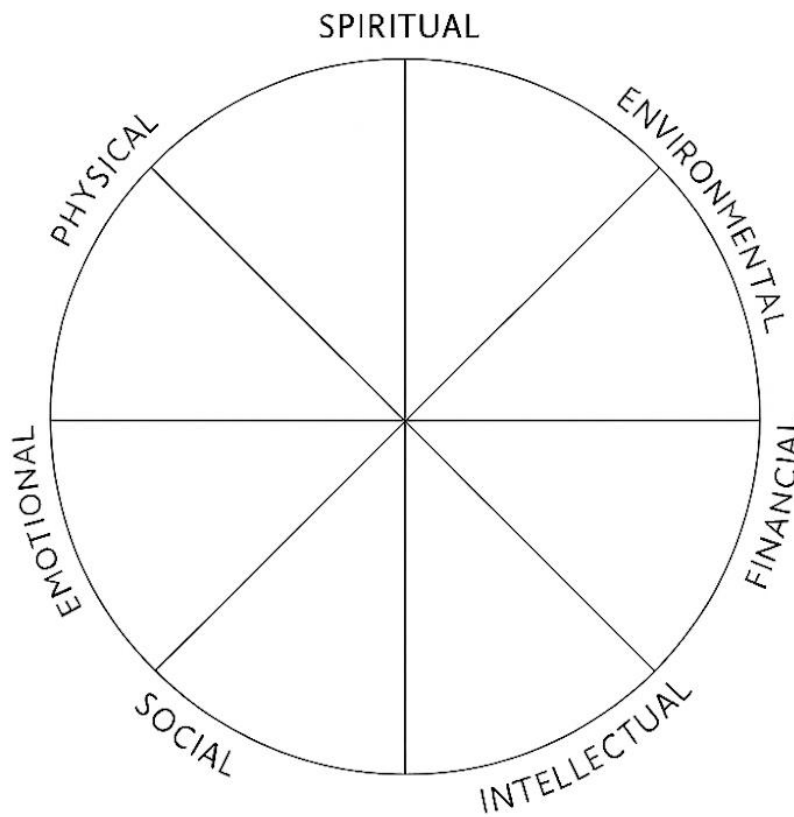


# WELLNESS WHEEL WORKSHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Rate each dimension 1-5 based on how satisfied or supported you feel in that area. Mark your rating on each spoke and connect the dots to visualize your overall wellness balance.



## Reflection Prompts:

- Which areas feel strongest right now?
- How will I celebrate progress?
- What small action could you take this week?
- Who or what could help you stay accountable?