



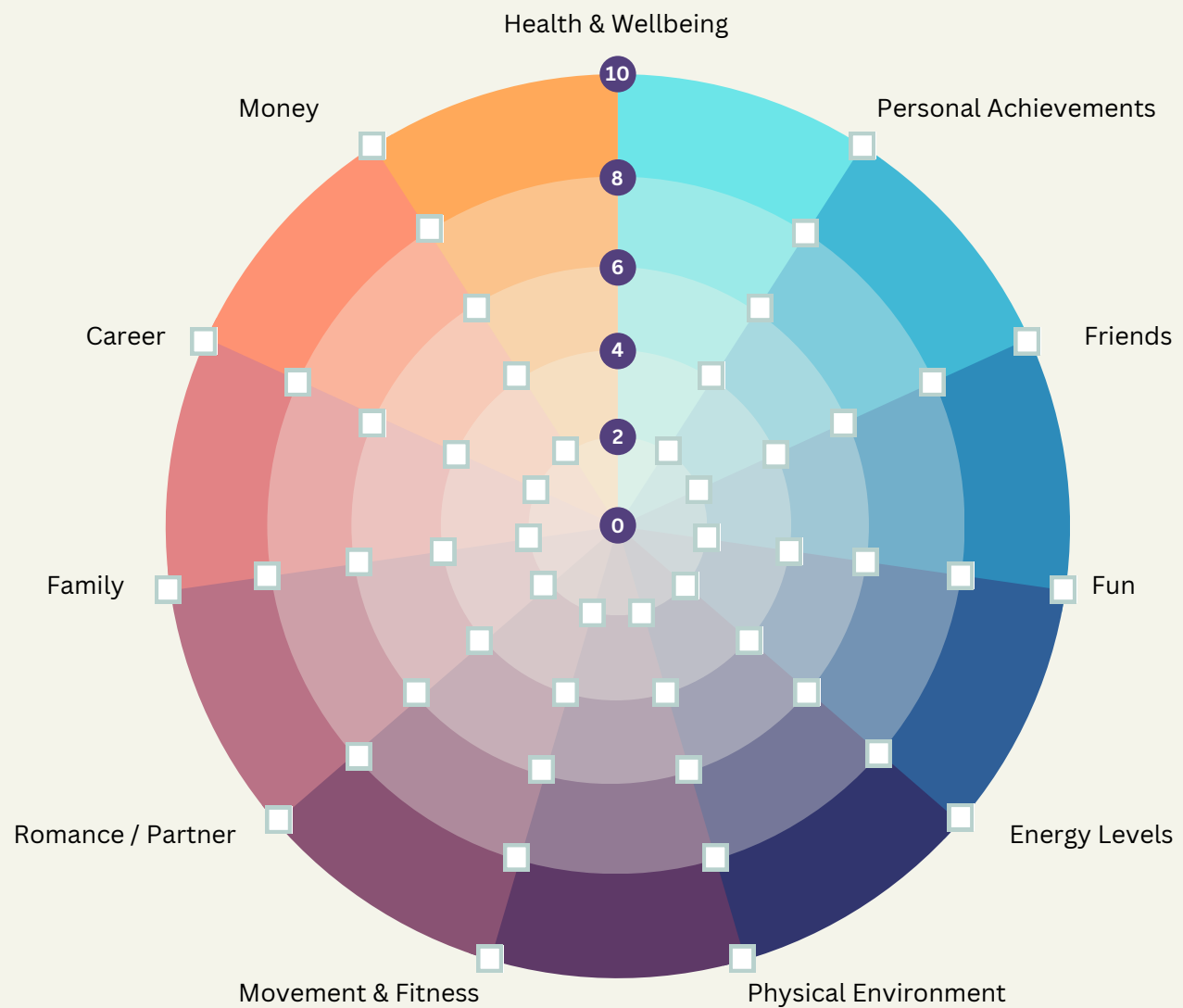
**SUPER**  
WELLNESS

# THE WHEEL OF LIFE

The closer you are to 10, the more fulfilled you feel.

Once you have marked your number in each area - connect each number forming a new outside perimeter for your circle.

- How smooth or bumpy is your life?
- Are there areas of your life that need attention?
- What areas of your life are you willing to address now, soon, later?



What are my lowest scores?

Explore the areas in which you score highly. How have you achieved this? How can you use this energy and these strengths to improve the areas where your scores may be lower.