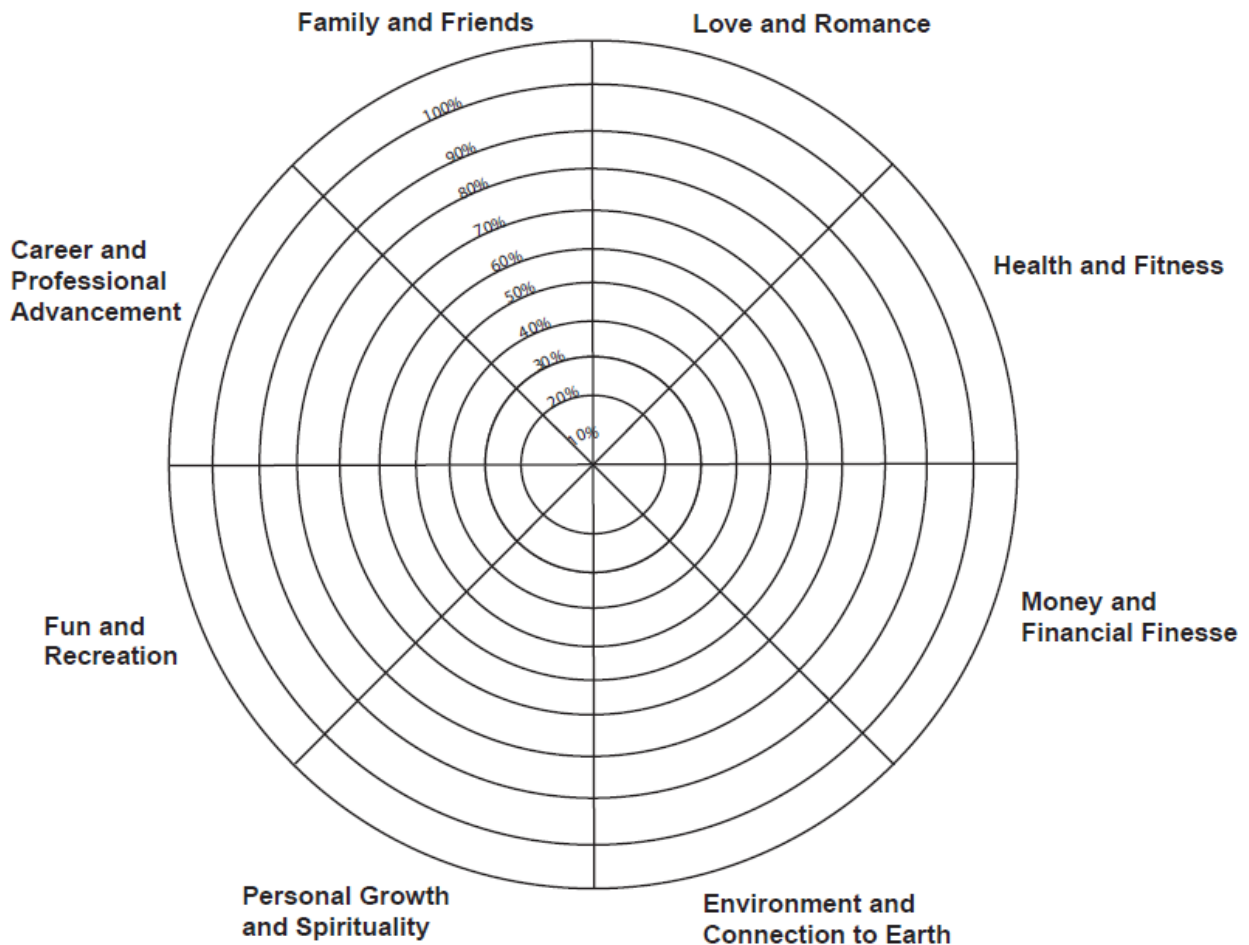




# Wheel of Health

The eight sections in the Wheel of Health represent different aspects of your life.

Seeing the center of the wheel as 0 and the outer edges as 100%, use coloured pencils, markers or crayons to shade in each area of the wheel according to the percentage you feel is fulfilled in your life. The new perimeter represents the wheel of your health.



If this were a real wheel, how bumpy would the ride be?