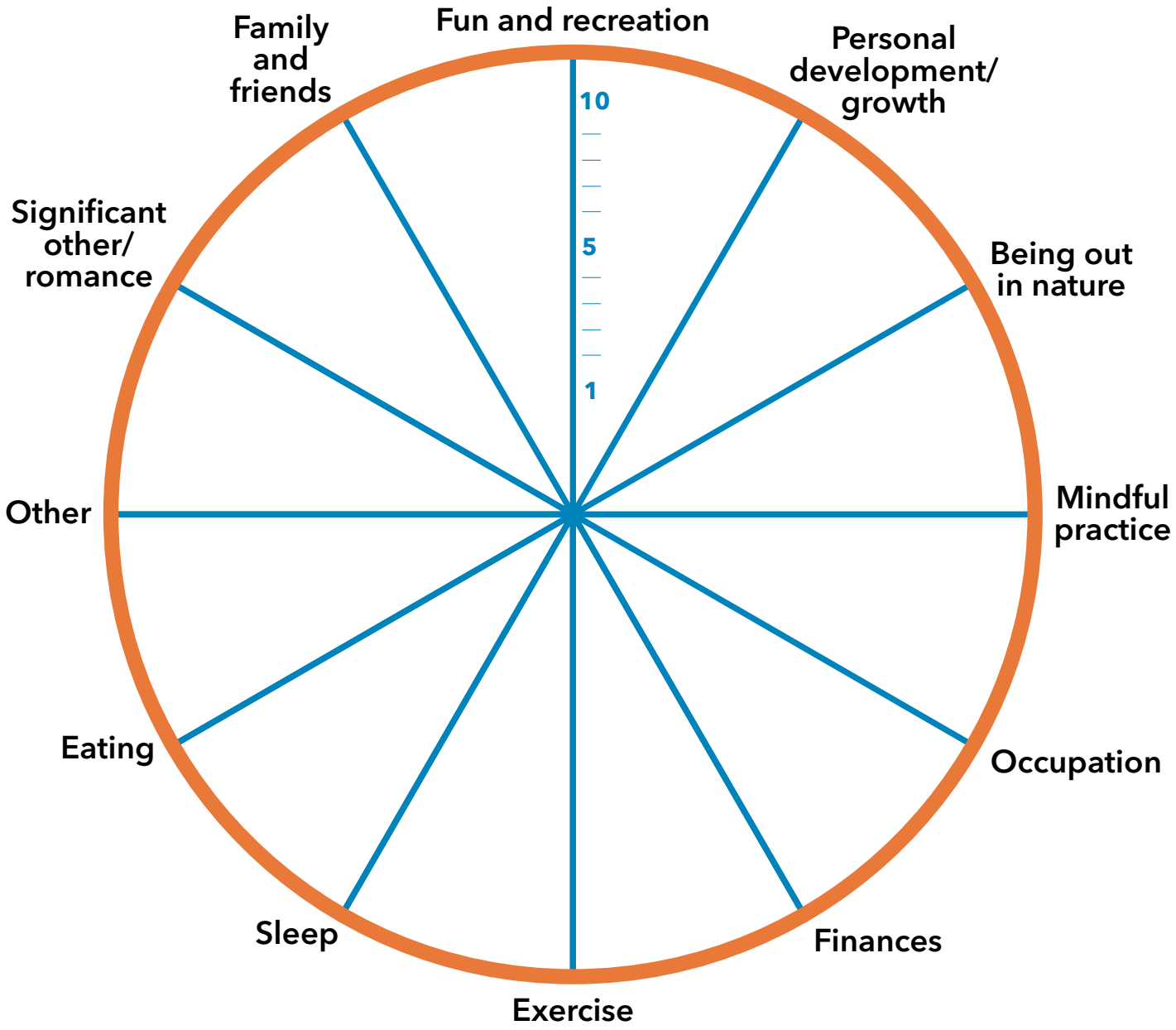
Wellness wheel

Each spoke on the wheel represents an area in your life that requires attention.

Rank your level of satisfaction for each one. The closer you are to 10, the more fulfilled you feel. After you mark a number in each area, connect the dots and see what shape it takes.



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