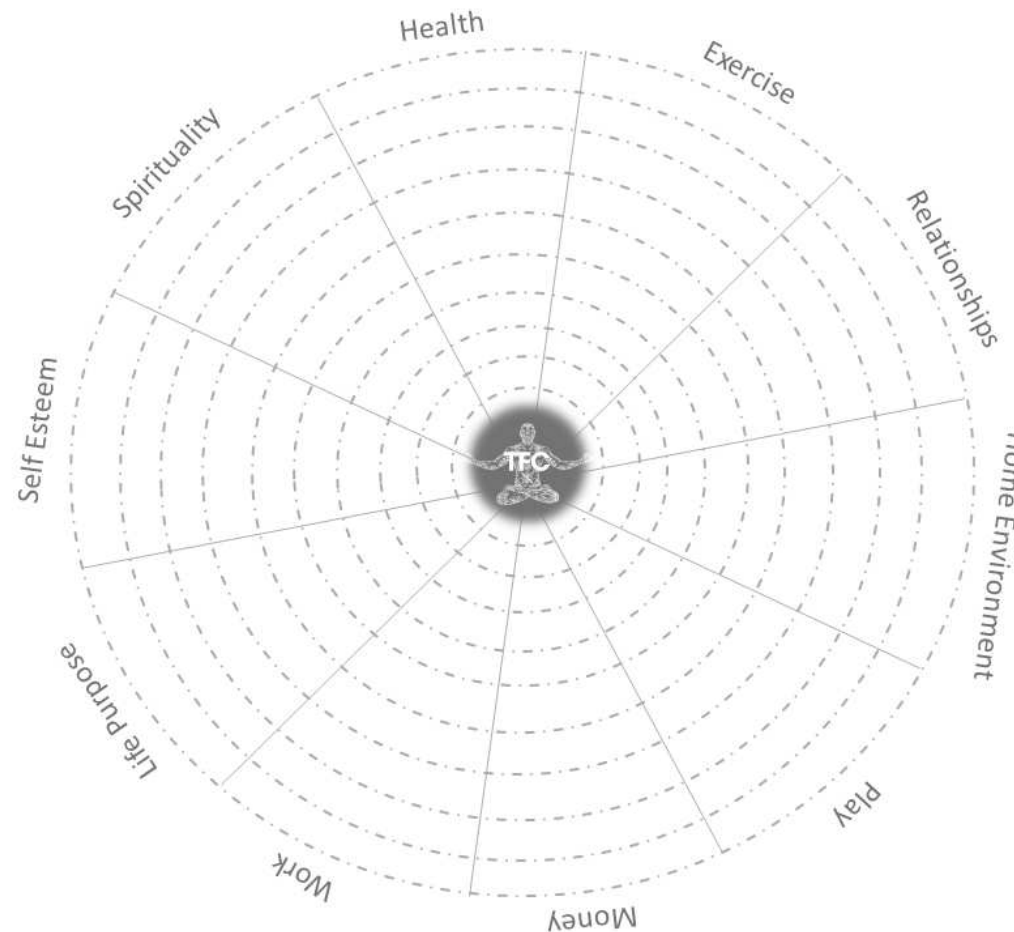


WHEEL OF LIFE

OPTIMAL PERFORMANCE



Step 1: Rate yourself from 1 to 10 in each area of your life by shading the boxes.
 Be honest and real during this process.
We recommend a quiet place where you feel relaxed, and a 10 minute meditation practice prior.

Step 2: Write some notes about why you have rated yourself the way you have.
 Take your time in doing this, this will assist in formulating your future wellness goals.

Step 3: Think about what you would like your future wheel to look like and make a dot on the line of the current plan.