



General Health

- 1. I usually feel good.
- 2. My body moves with ease.
- 3. I have little pain.
- 4. I sleep well and I don't wake up tired.
- 5. I have energy throughout the day.



Self Love

- 1. I like myself.
- 2. I like my body.
- 3. I think happy thoughts most of the time.
- 4. I say nice things and don't talk bad about others.
- 5. I don't dwell on what others think.



Breathing

- 1. I know how deep breathe and practice it.
- 2. I notice when I am stressed and can relax quickly.
- 3. I take time to relax and breathe often.
- 4. I am truthful about my feelings.
- 5. I spend time outside breathing in nature daily.



Positive Choices

- 1. I eat at least two vegetables & two fruits every day.
- 2. I drink a lot of water and drink little caffeine or sugary drinks.
- 3. I watch TV or sit in front of screens less than two hours a day.
- 4. I choose friends who like me just the way I am.
- 5. I feel good in my home and with my family.



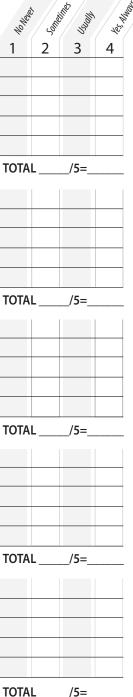
Ralance

- 1. I know what I enjoy and do it often.
- 2. I don't overdo.
- 3. I do excellent work.
- 4. I try new things often.
- 5. I play every day.



Trust

- 1. I believe good things usually happen.
- 2. I don't over-react often.
- 3. I am grateful or thankful for most everything.
- 4. I am kind and find kindness is returned back to me.
- 5. I go with the flow and learn from my mistakes.



TOTAL

You create the wellness wheel by entering a pie slice in each section based on your score from each section of the wellness wheel questionnaire. *Now let's see if your wellness wheel can roll.* Total up each section and enter the score in the section as a piece of pie. You can easily see which key to focus on to make your wheel roll.

