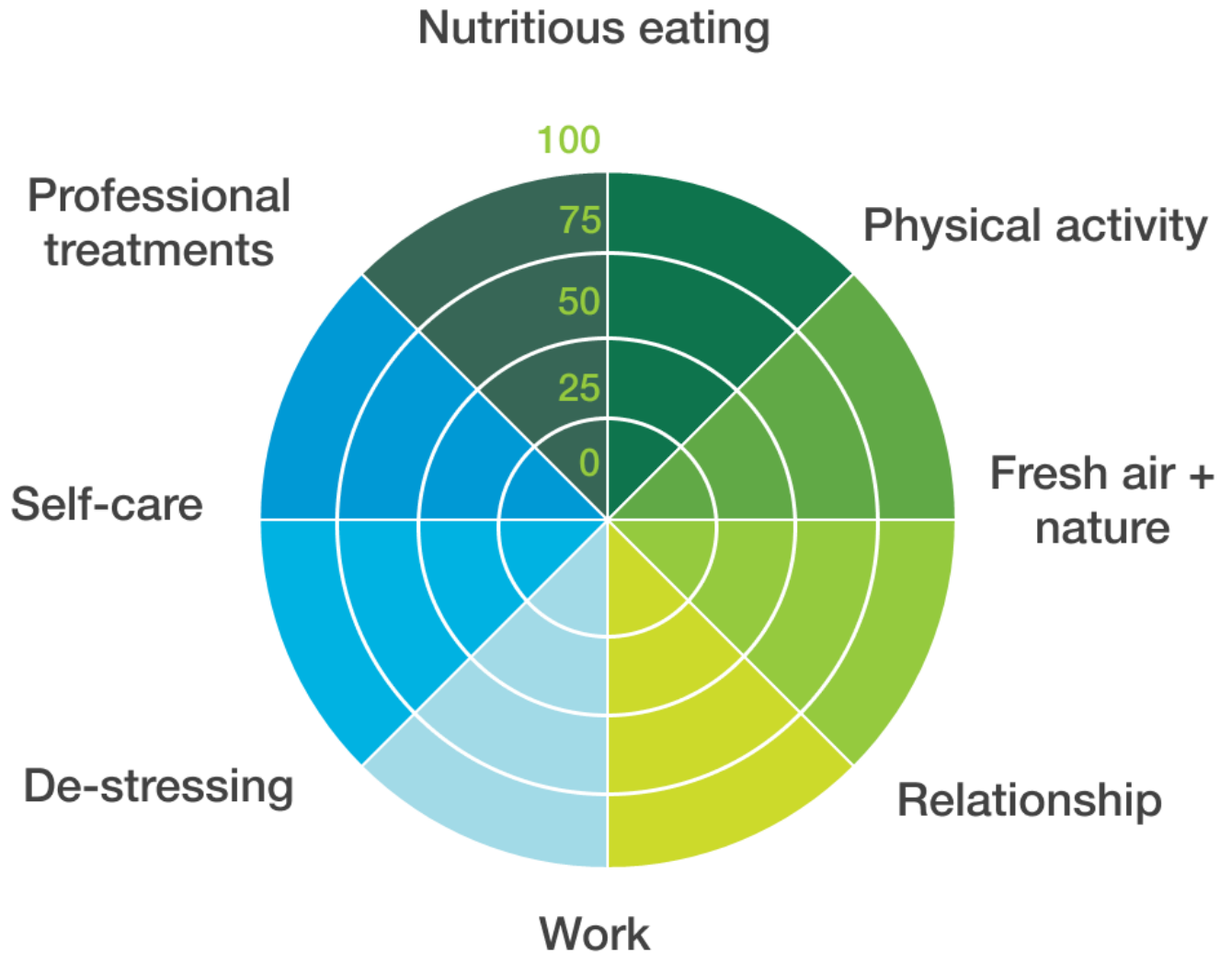


# HOLISTIC SELF-ASSESSMENT TOOL



Instructions to assess your wellbeing:

1. Place a dot on the line to indicate how happy you are in each area. A dot towards the center (0) reflects dissatisfaction, a dot towards the periphery (100) indicates satisfaction
2. Connect the dots to see your holistic wellbeing assessment
3. Identify the imbalances and see where to spend your energy to create more balance