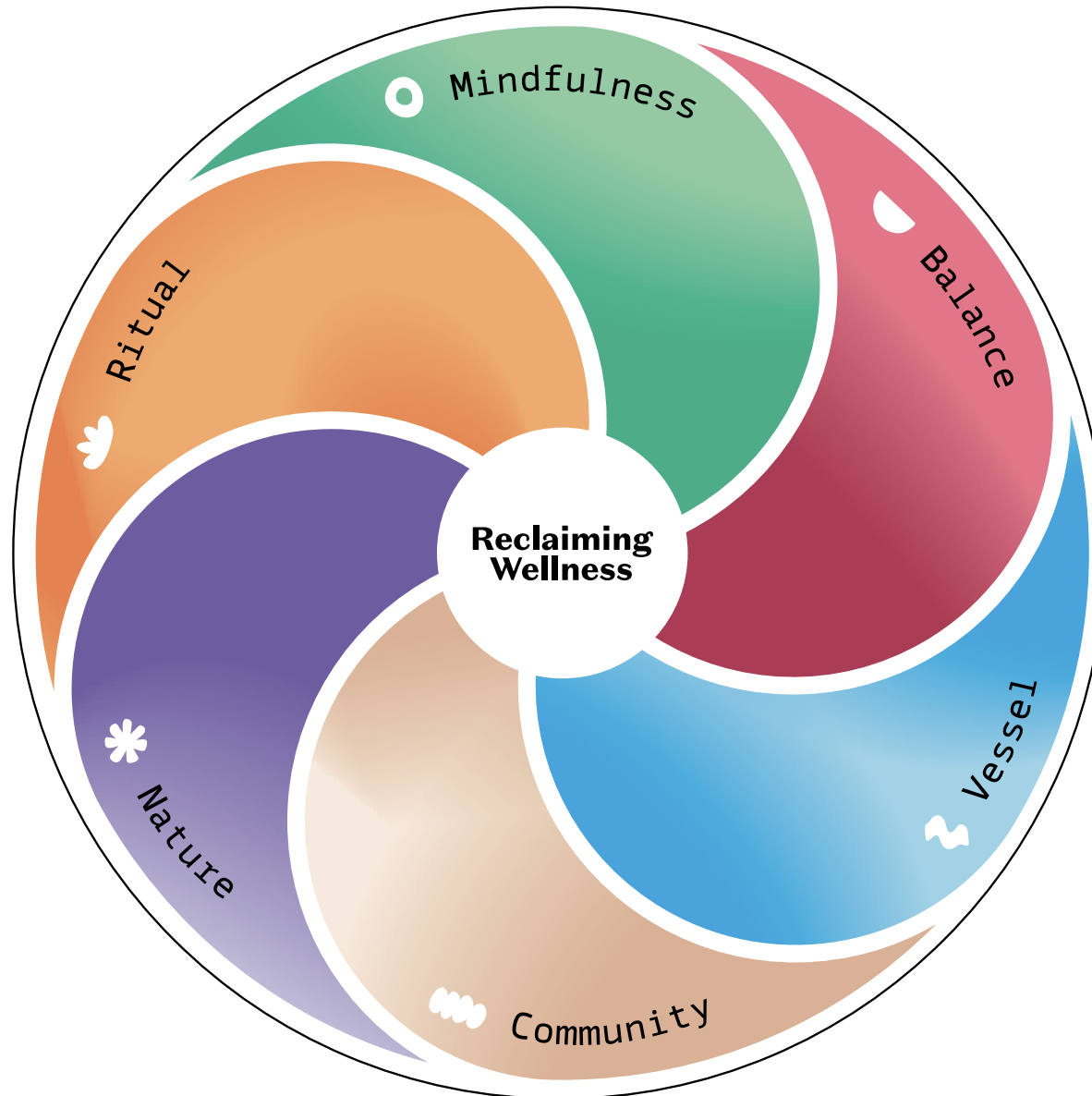


It Starts with Me

Create Your Wellness Wheel

Wellness that starts within, eventually goes out into the world.



Print this interactive guide to reflect on your personal wellness and respond to each of the prompts. You can also rank your current satisfaction with each dimension of the Wellness Wheel on a scale of 1-5. Then, set a few goals for improvement. You've got this!

Mindfulness ____

What you know transforms how you live. How do you approach being a life-long student of self? What are your current lessons?

Balance ____

This is your courtesy check in: How do you feel about yourself, and how do you tend to those thoughts and emotions?

Vessel ____

If most of communication is non-verbal: when and how do you listen to your body? Do you get enough rest? How frequently do you move your body?

Ritual ____

What unique series of actions bring you back to self? What is your self-care journey?

Nature ____

The world is busy, but you are a natural being. Where do you go to take root, to feel inspired and reconnect with abundance?

Community ____

Reciprocity is a verb. Which relationships mirror an accurate reflection of you?
