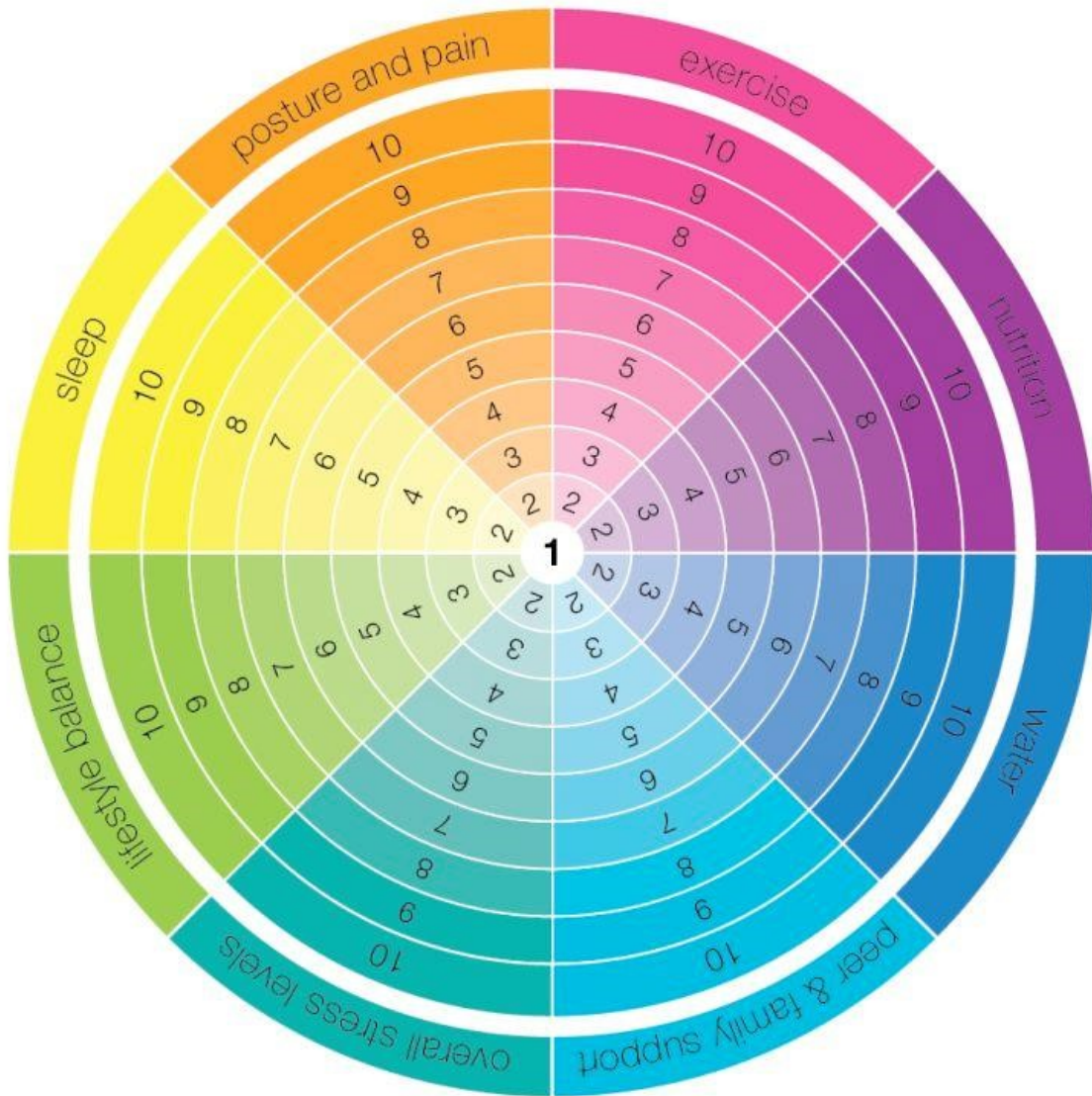


# SAVVY SISTER WELLNESS WHEEL



1. On a scale of 1-10, how satisfied are you in each of these areas? Circle that number on this Wellness Wheel.

2. What is behind that number? How did you arrive at that? \_\_\_\_\_

\_\_\_\_\_

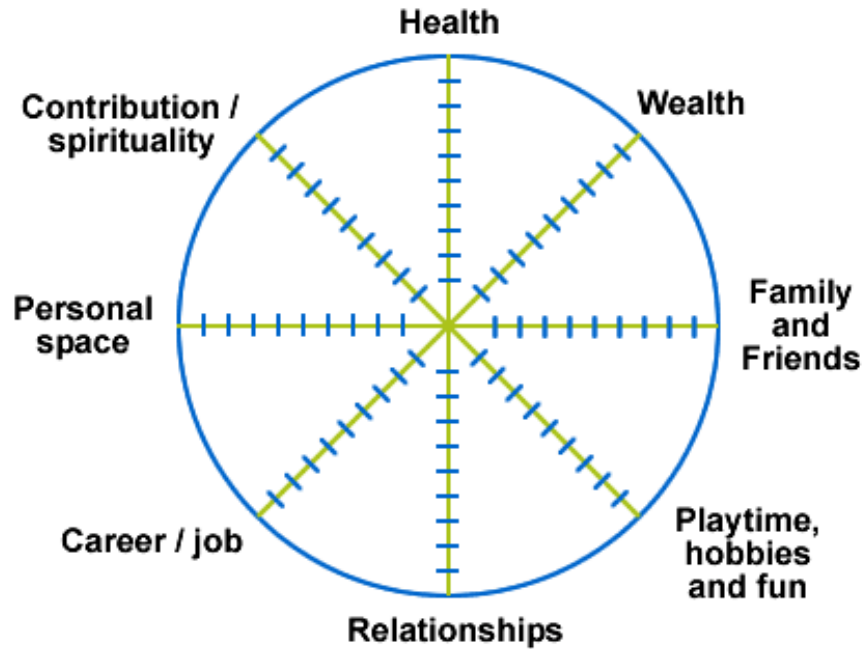
3. If you could change one area tomorrow, which would it be? \_\_\_\_\_ and why? \_\_\_\_\_

\_\_\_\_\_

4. In what area would a change give you the most results with the least effort? \_\_\_\_\_

\_\_\_\_\_

# ABC's for WOMEN Wheel of Life



1. On a scale of 1-10, how satisfied are you in each of these areas? Circle that number on this Wellness Wheel.

2. What is behind that number? How did you arrive at that? \_\_\_\_\_

3. If you could change one area tomorrow, which would it be? \_\_\_\_\_ and why? \_\_\_\_\_

4. In what area would a change give you the most results with the least effort? \_\_\_\_\_