

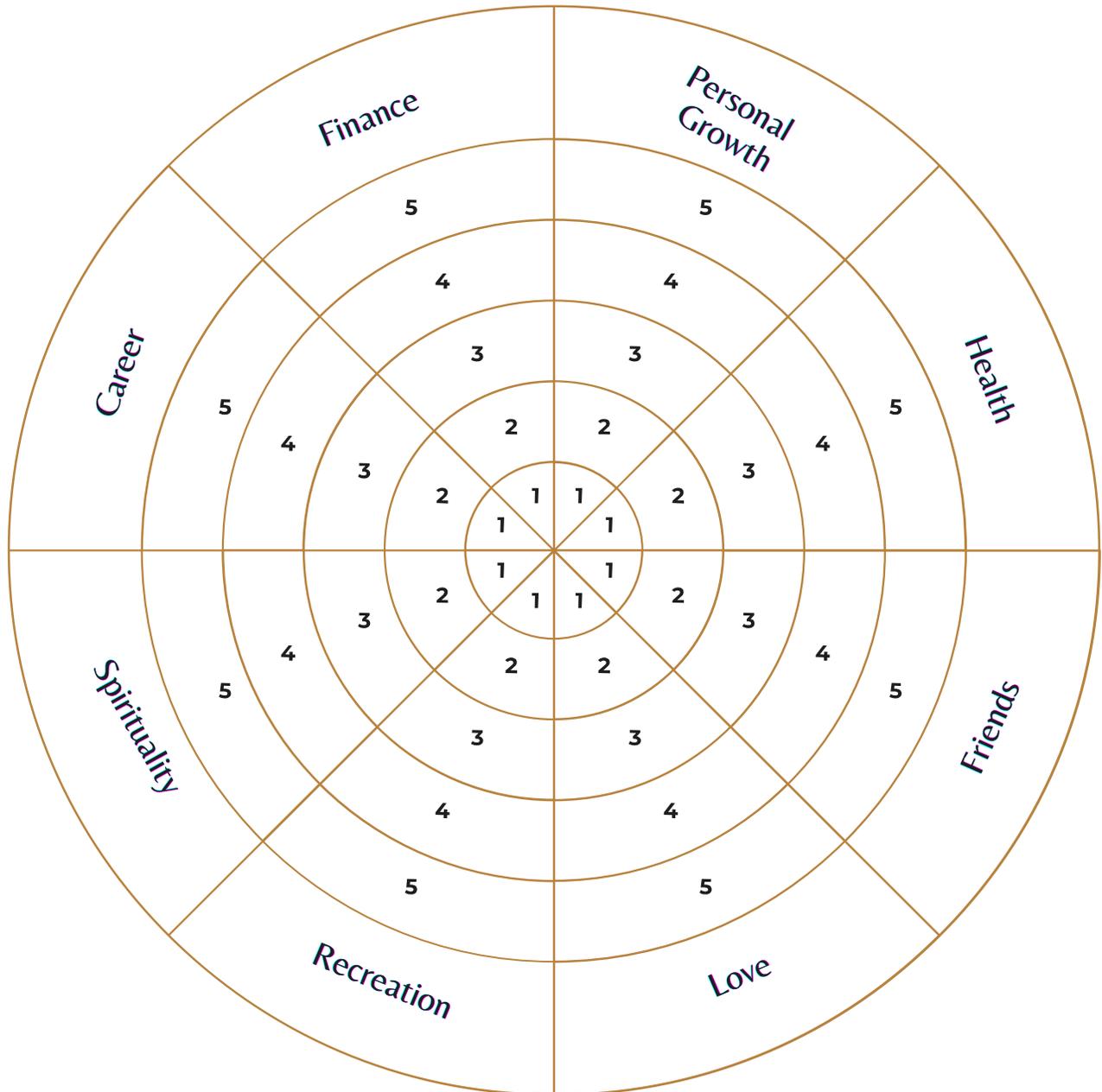
The Self-Care Wheel

Part One



How to use this template?

This wheel is designed to assist you in taking a snapshot of your current situation across a variety of categories. By rating each category, you are identifying areas where more self-care is needed. The way you do this is simple - First, just give a rating from 1 to 5 in each category, one being you're totally unsatisfied, and five means that you're over the moon. Then on the next page, fill out one or more habits that will help move you to a level 5.



The Wheel of Life

Part Two

