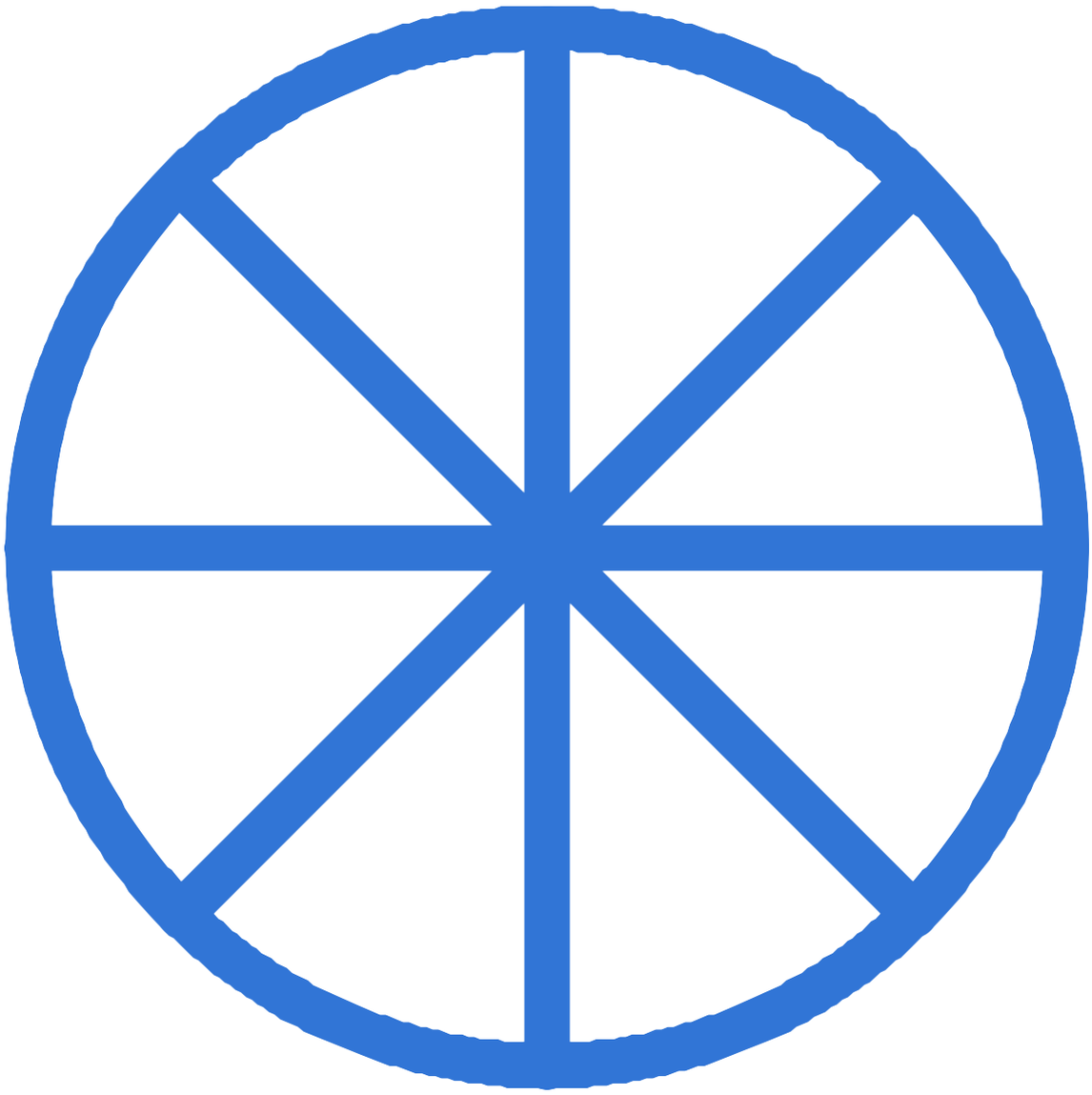
WELLNESS WHEEL

1. **Write down areas of wellness** that are important to you, including areas where you wish you had more wellness. Choose one miniature to represent each wellness area.
2. **How is your wellness in each area?** On a ***scale of 1-10*** (with 10 being the most wellness in the outer rim & 0 being no wellness in the center of the wheel), rate *each area* by how *satisfied* you are with your *wellness*.
3. **How wobbly is your wellness currently?** Now connect the dots of your ratings, take note of your high areas of wellness, & choose one area to practice wellness this week. Congratulations! You're improving your wellness.



www.holisticsandtray.com

WELLNESS WHEEL SANDTRAY TECHNIQUE

1. Choose one miniature to represent each wellness area.
2. Put the miniatures in a circle. Move each miniature closer to the center for low wellness or out towards the rim of the circle for high wellness. This is a way to rate your wellness visually, just as you did in the Wellness Wheel on paper.
3. How does your wellness look connected? Connect your miniatures with a string or draw a line in the sand connecting them. Does it make a smooth circle? Most likely, your circle is wobbly and some areas need attention. Choose one area to practice wellness this week.

Congratulations! You're improving your wellness.

REFLECTION