

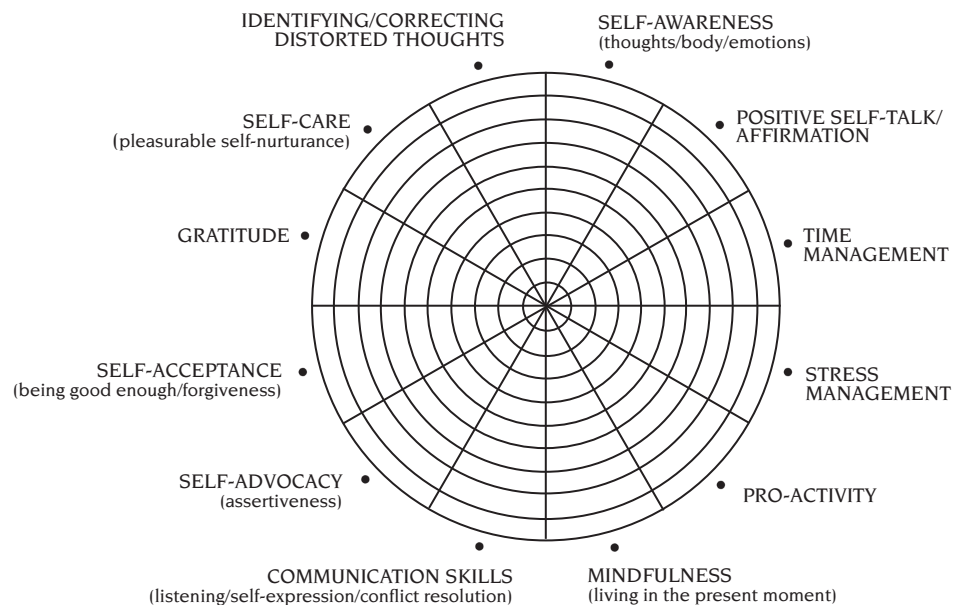
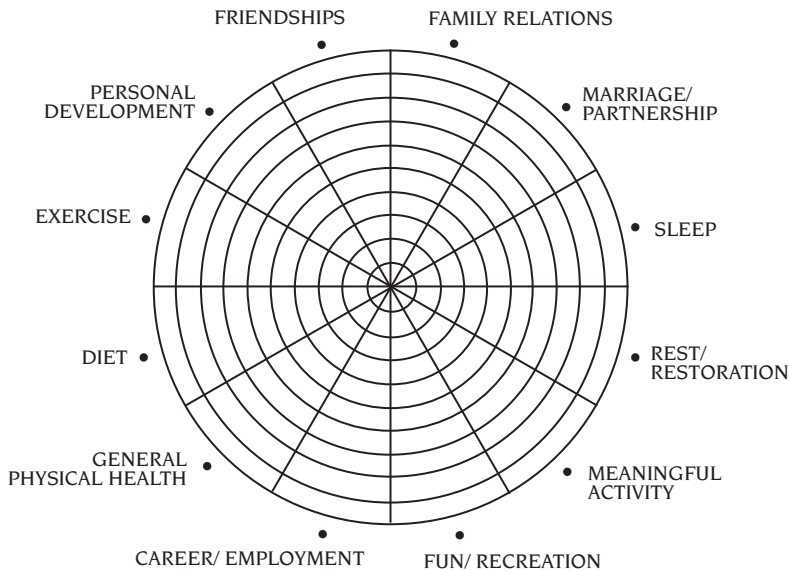
Journeys To Healing WHEELS OF WELLNESS

Wholistic Health Self-Assessment

"Wholistic" (whole-person) health—*wellness*—involves an ever-evolving state of balance between your mind (thoughts), body, heart (emotions), & spirit (eternal/transcendent self). It also describes the harmonious dance of six major interrelated & interdependent personal dimensions: intellectual, physical, emotional, social/relational, occupational & spiritual.

Below you'll find two "Wheels of Wellness" that address over two dozen principles & habits associated with wellness. Filling out these wheels will help clarify your current state of well-being & can also influence your future goals & progress toward achieving greater wholistic health.

Please shade your level of satisfaction in each area within both circles as it relates to your current life. For example, if you're 60% satisfied with your present amount of rest or restoration, shade the first six levels of that particular slice in the wheel (starting from the center point & radiating outwards). Fill in all areas in both wheels in the same manner.



If you've filled in less than six levels (60%) for any one subject area, or if either of your completed wheels looks notably out of balance, **Journeys To Healing** services & products could be important resources for you to consider.

To schedule an appointment or learn how **Journeys To Healing** can help you achieve or maintain greater satisfaction & balance in your life, contact **Deb: bethechange5@rockisland.com**