



THE MENTAL HYGIENE PROJECT®

WHEEL OF WELLNESS



What does YOUR life look like?

1. Place a dot on the line in each category to indicate your level of satisfaction within each area. Place a dot at the center of the circle to indicate satisfaction, or on the periphery to indicate dissatisfaction.
2. Connect the dots to see your Wheel of Wellness.
3. Identify imbalances. Determine where to spend more time and energy to create balance.

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