



THE MENTAL HYGIENE PROJECT®

# WHEEL OF INFLUENCE™



## Are you being a HEALTHY LEADER?

1. Place a dot on the line in each category to indicate your level of positive influence within each area. A dot closer to the green outer circle represents higher levels of Healthy Leadership. A dot closer to the gray circle in the center indicates higher levels of defaulting to an unhealthy culture.
2. Connect the dots to see how well-centered you are on the traits that help lead for a happier, healthier, and more productive environment.
3. Now identify potential imbalances, and where you can spend more time on defining a culture that leads for positive mental health and total wellness.

[WWW.MENTALHYGIENEPROJECT.COM](http://WWW.MENTALHYGIENEPROJECT.COM)

2023 © COPYRIGHT MENTAL HYGIENE PROJECT