

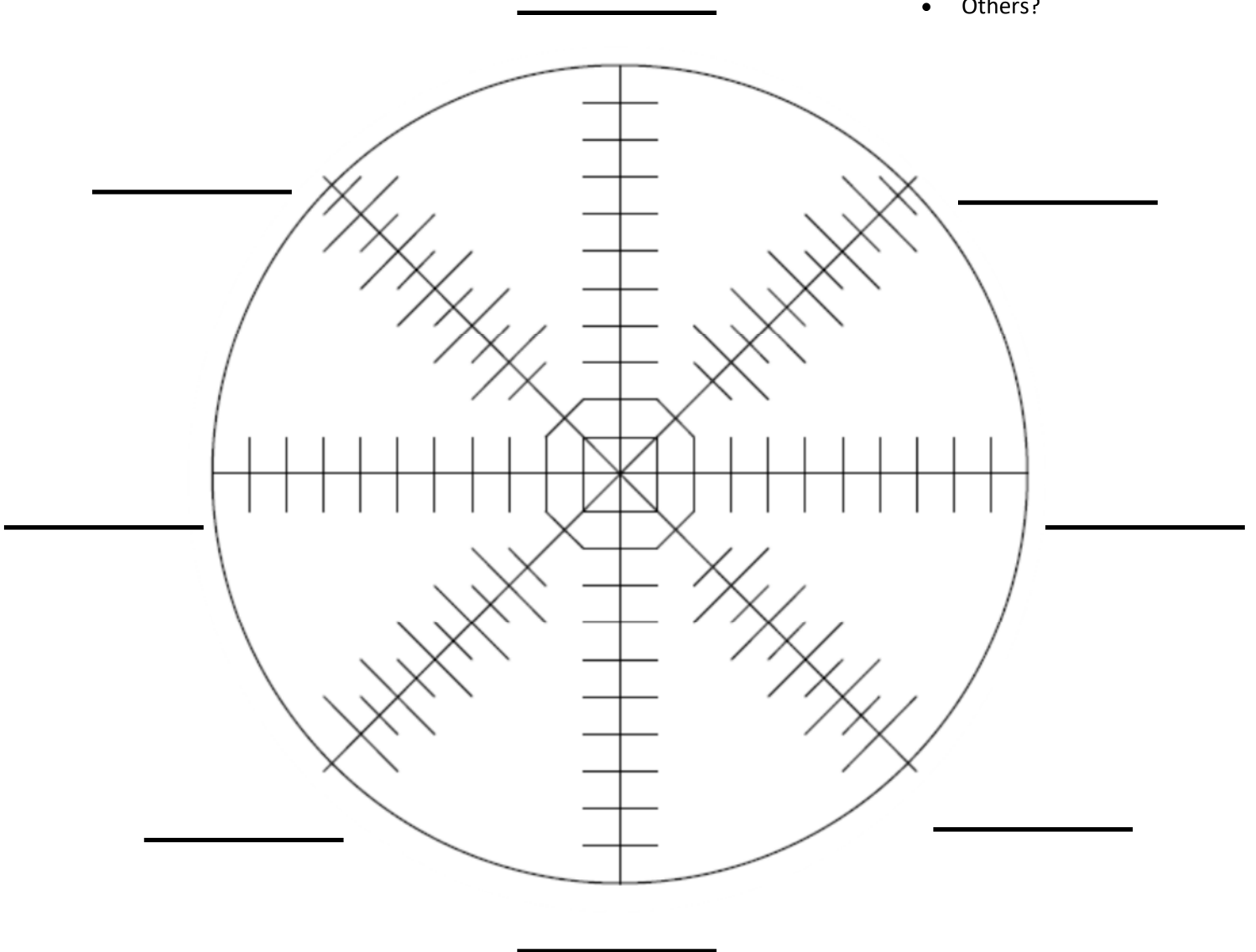
Select 8 areas of your life and label each point on the circle.

Reflect on your personal assessment of how close you are to your ideal in that area and place a dot where you would estimate you are currently.

Marks closer to the center indicate further away from ideal. Marks on the outer edge indicate at your ideal.

Areas to Consider:

- Health and Well-being
- Relaxation
- Home Environment
- Work Environment
- Professional Development
- Finances
- Personal Growth/Education
- Spirituality
- Community Engagement
- Friendships
- Parent role
- Partner role
- Others?



Select one area from your wheel to work on.

My area to improve:

Things I can START doing Things I can STOP doing

My wellness SMART goal:

S	Specific
M	Measurable
A	Action Oriented
R	Realistic
T	Timebound