THE WHOLISTIC HEALTH WHEEL

You Can't Heal Without The Whole Wheel

What area of your life do you feel is the best and why? _____

What area of your life do you feel is second best and why? _____

What area of your life do you feel is most challenging and why? _____

What small change can you make that will improve this area? _____

What second area of your life do you feel is challenging and why? _____

What small change can you make that will improve this area? _____