

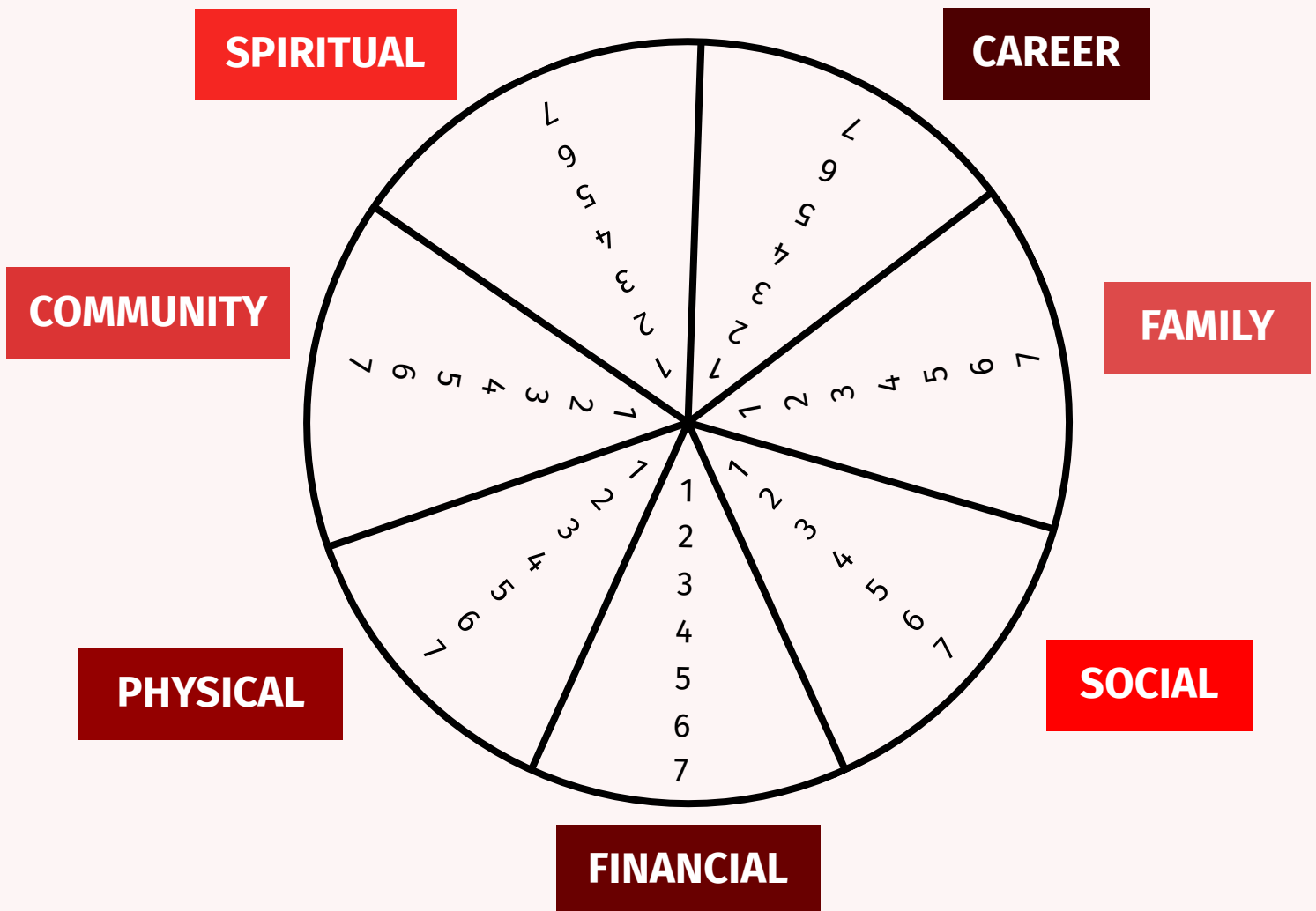


7 Drivers of Wellbeing

The Balance Wheel of Well-being

Directions: Within each of the following seven drivers, circle the number that best represents your level of satisfaction in that area of your life. Now connect your circled numbers and reflect on how balanced is your wheel.

(7 = Completely Satisfied ; 1 = Completely Dissatisfied)



Evaluation

The rounder the wheel, the more balanced your life is. Imagine how your car would travel if the wheels were in this shape.

We're invested in your well-being! Visit our website @ <https://drhelenholton.com> and follow me on LinkedIn and Instagram as drhelenholton. I look forward to connecting further!