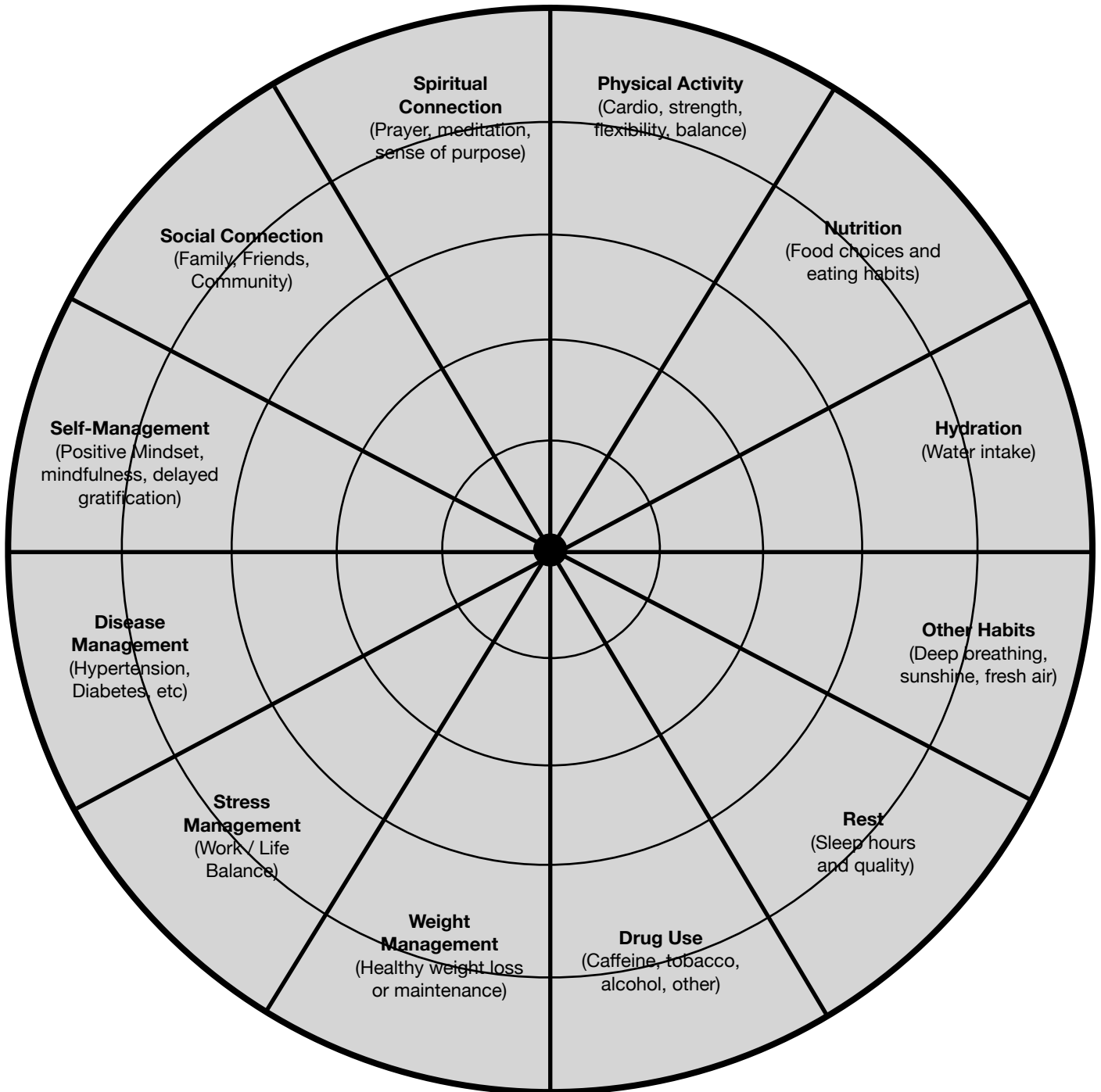


# Are You Living Well?



Rate your lifestyle habits. Seeing the center of the wheel as “0” and the outer edge as “10” rate your level of satisfaction with each area by placing a “dot” somewhere between the center and the outer edge. For example, if you are feeling great about your eating habits, you might give a “9” or a “10”. If you are feeling pretty frustrated with the amount of sleep you are getting, you might give yourself a “1” or “2”. Each ring extending from the center represents “2”.

Connect the dots to create a new outer edge. The perimeter of the circle represents your lifestyle habits right now.