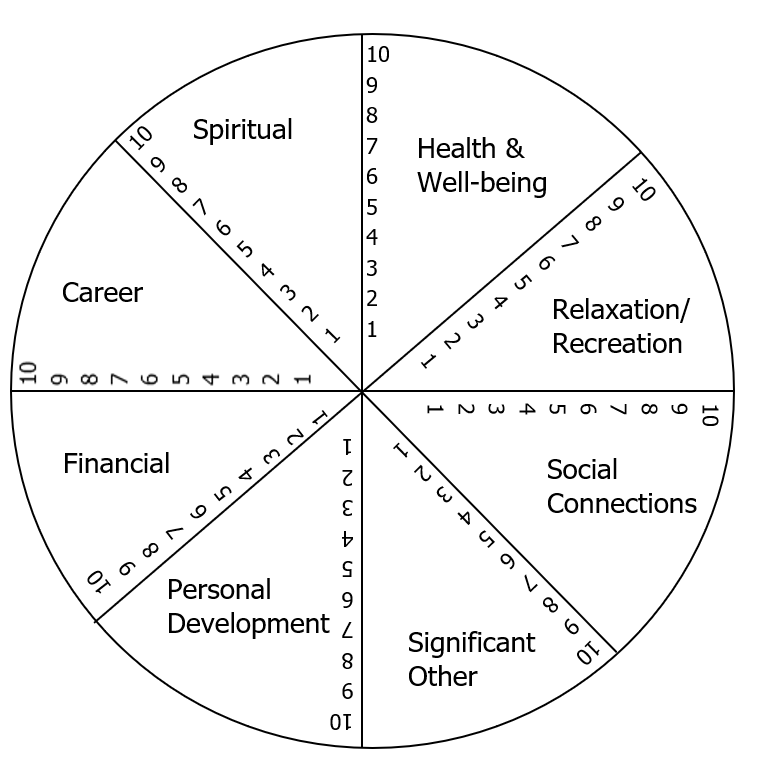
**The Wellness Wheel**

Rank your satisfaction in each of the areas below from 0 (dissatisfied) to 10 (satisfied), then connect the dots to find your personalized circle.

Note the areas that you are satisfied with: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note the areas you would like to work on changing in the near future:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Northwoods Health & Wellness Coaching, LLC

Paula Sweney-Wagler CHWC, RD

ArtStart ∙ 68 S. Stevens St. Rm B9 ∙ Rhinelander, WI.

P.O. Box 1315

Phone: 715-367-4609

[Northwoods Health & Wellness Coaching](https://www.northwoodshealthwellnesscoaching.com/) contact@northwoodshealthwellnesscoaching.com