

Wellness Wheel Exercise

BECOMING INTENTIONAL WITH EACH REALM OF LIFE

Here's what you do: Using the scale on the side of each pie piece, rate your fulfillment of each realm of your life. Ask yourself questions like: "Do I feel content with this part of my life?", "Is there room for improvement in this realm?", and "Where do I need to re-focus my time and attention?"



[Check out the video here!](#)