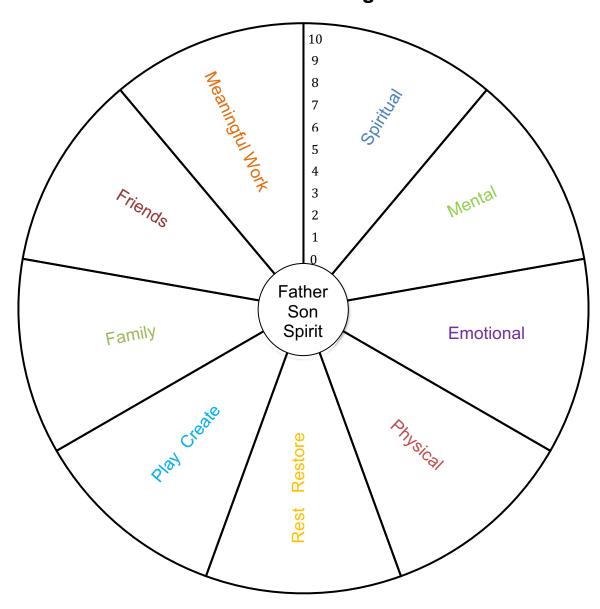
Flourish Wellbeing Wheel



This exercise gives you a quick overview of your life. In each wedge write a number from 0 being the worst and 10 being the best for how you think you are doing in each area.

Reflect on it.

- 1. Looking at your wheel what jumps out at you?
- 2. If you were to choose just one wedge to increase that number from a 7 to an 8 (for instance), what would that action be?
- 3. What other wedges would you like to increase?