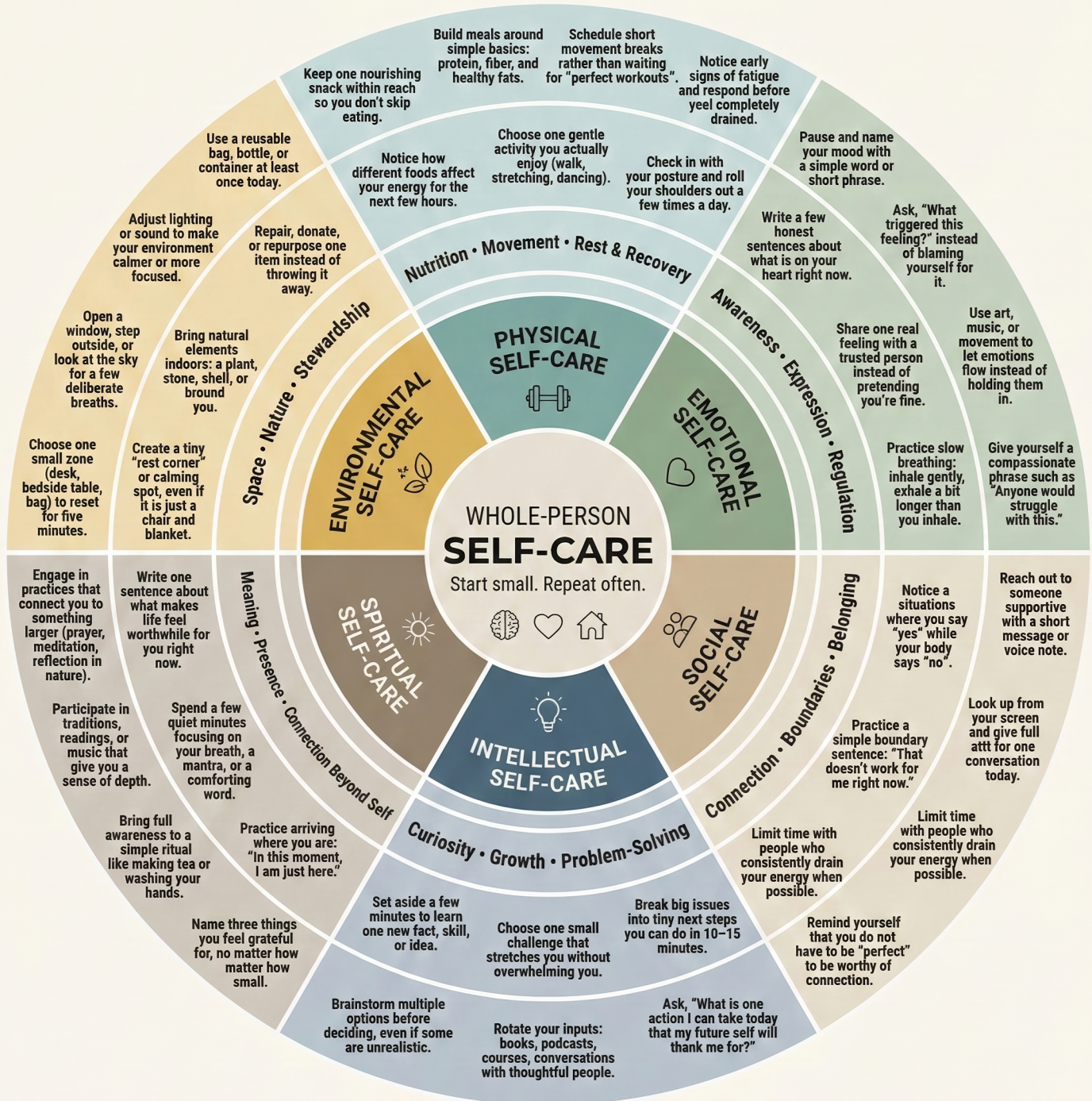


THE SELF-CARE NAVIGATOR

This self-care navigator helps you see your life from six different angles. The inner ring maps the key foundations of well-being, the middle ring names core dimensions, and the outer ring turns ideas into small, realistic actions. Use this wheel to design routines that fit your energy, your schedule, and your season of life.



HOW TO WORK WITH THIS WHEEL

1. Scan each pillar and circle the areas that feel under-nourished right now.
2. Choose two or three outer-ring practices that feel realistic this week, not perfect.
3. Review the wheel regularly and adjust your choices as your life and energy change.