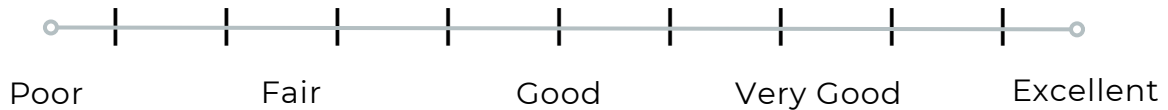


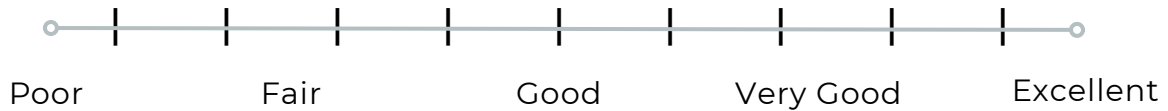
WELLNESS SCALES

For each wellness factor on the line scales below place 2 marks: 1 where you are now and 1 where you would like to be. Then, create a plan to move the needle toward better health. You can re-use this tool periodically to evaluate your current health against your optimal health.

Overall Quality of Health & Wellness



Work - Life Balance



Growth Mindset



I have the Support, Tools & Resources I need



I have the health Know-How/Education that I need



I have the Accountability (Partner/s) that I need

