



DISCERN YOUR CURRENT STATE OF WHOLENESS

Using the **WHOLENESS WHEEL**

Identify your current location within each dimension of the Wholeness Wheel, with the center being zero (least well) and the outside being 10 (most well). The Spiritual dimension of well-being wraps around the diagram using the same 0-10 numbering. You may wish to shade/color in each section to get a better picture of your current situation;

What do you **celebrate** about your current state of wellness?

What **surprised** you?

What do you wish to **KEEP** doing?

What will **STOP** doing?

What might you **START** doing?

