



This resource—like a mirror—will reflect back to you your current state of wellness. Think about how healthy or well you are in each area of wellness in your life right now. Fill in each wedge to represent how you think you are doing in each area: 10%? 50%? 90%? It's up to you and your responses are private. This will show you a present-moment snapshot of your life right now, showing the areas you have been paying attention to, and the areas where you might want to spend a bit more time and attention.

Now revisit your responses and think about how you are *really* doing in each area. List three areas below that you feel good about, and three that could use some of your attention. You will be looking at all eight areas in depth and will be learning about things you can do in each area of wellness to grow better habits and be healthier.

Three areas I feel good about:

Three areas that could use some attention:
