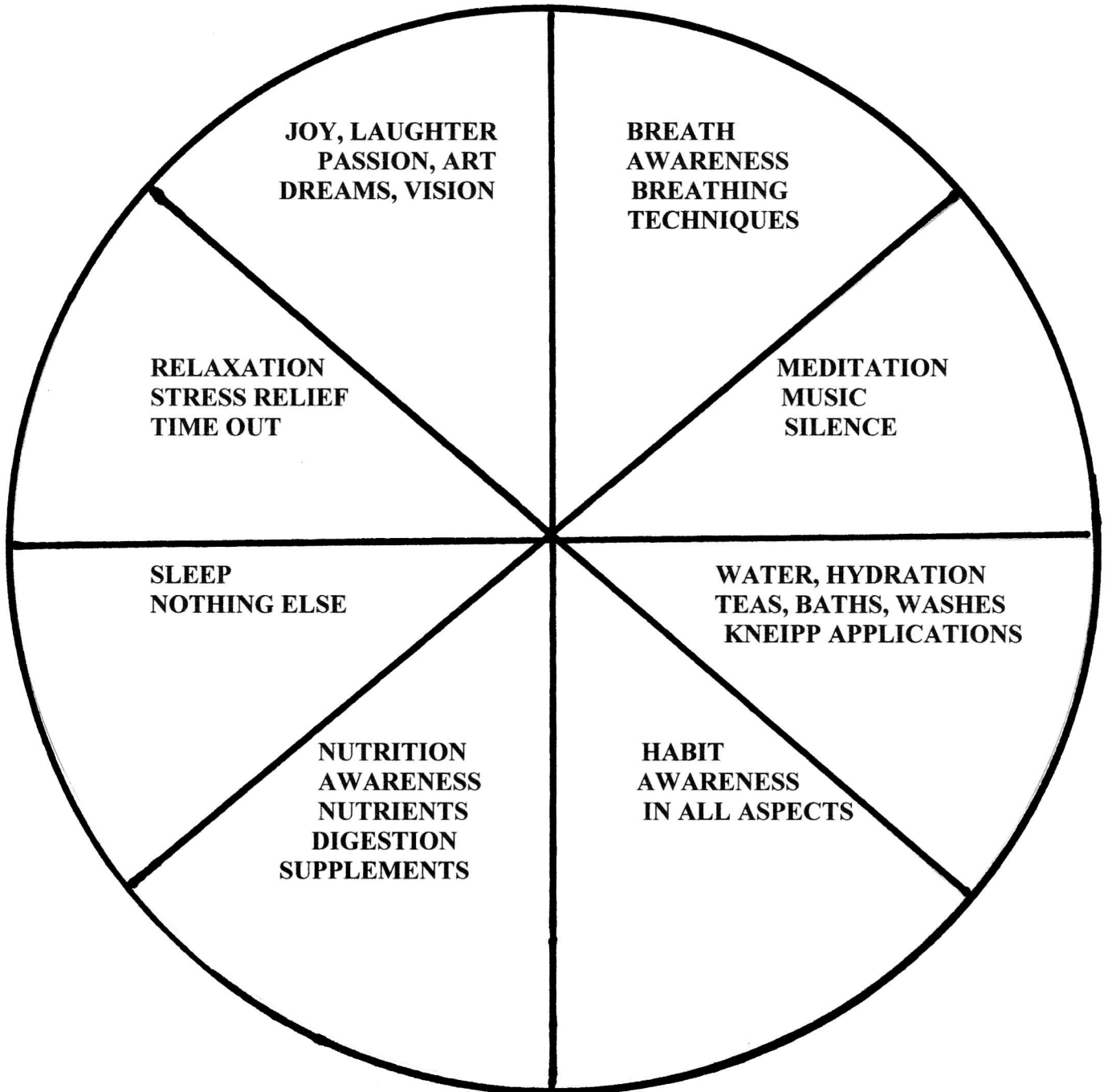


# THE WHEEL OF HEALTHY SELF CARE

WHERE DO YOU NEED TO BALANCE THIS WHEEL OUT?  
TAKE ACTION NOW!



ON A SCALE FROM 0 TO 10:  
HOW ARE YOU CARING FOR YOURSELF IN THESE AREAS?

IMAGINE THAT NUMBER 0 IS AT THE HUB OF THE WHEEL,  
AND NUMBER 10 IS OUT ON THE CIRCUMFERENCE OF THE WHEEL.

ONLY IF ALL PARTS OF THIS WHEEL ARE GETTING EQUAL ATTENTION,  
THEN THE WHEEL OF LIFE CAN KEEP ROLLING MERRILY!