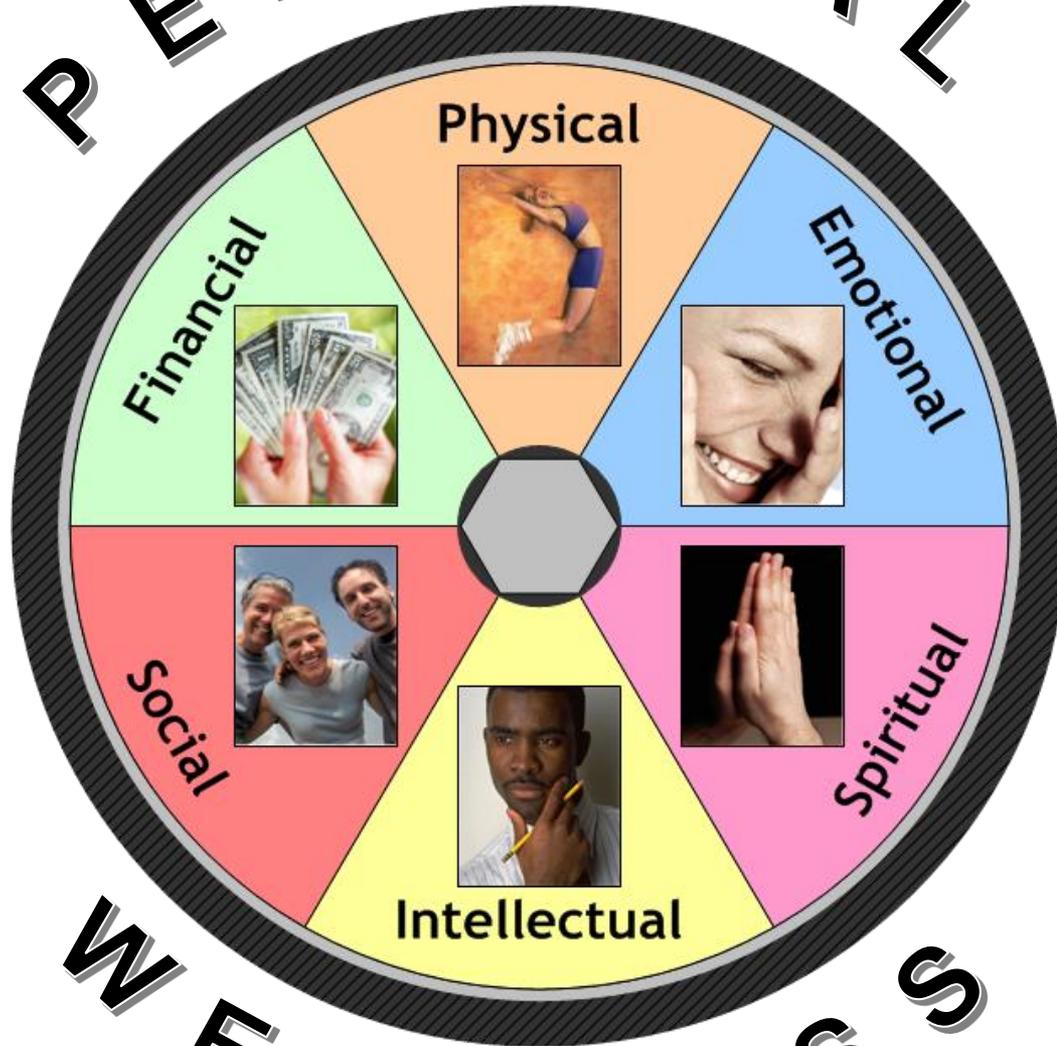
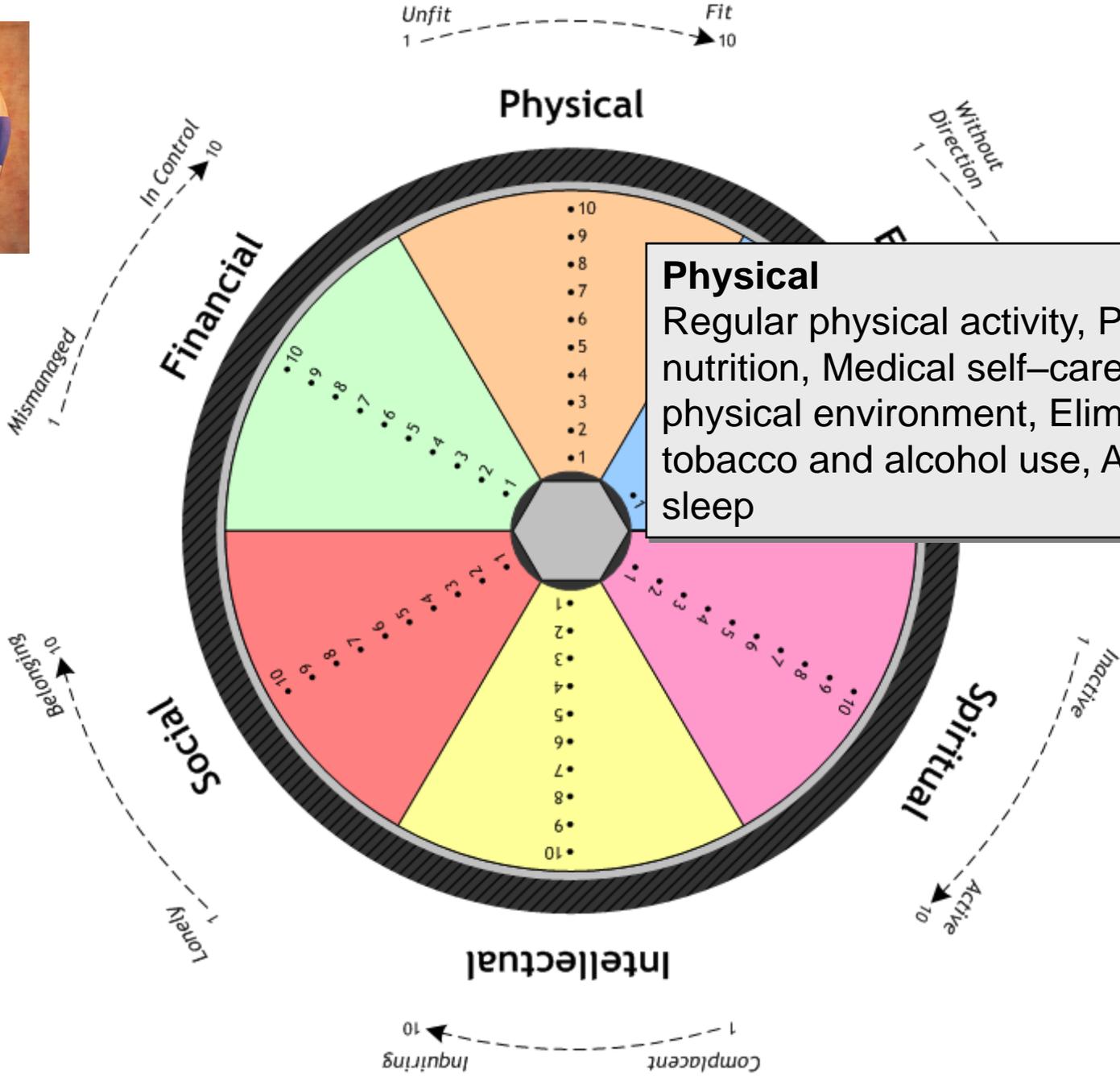
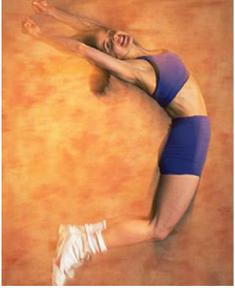
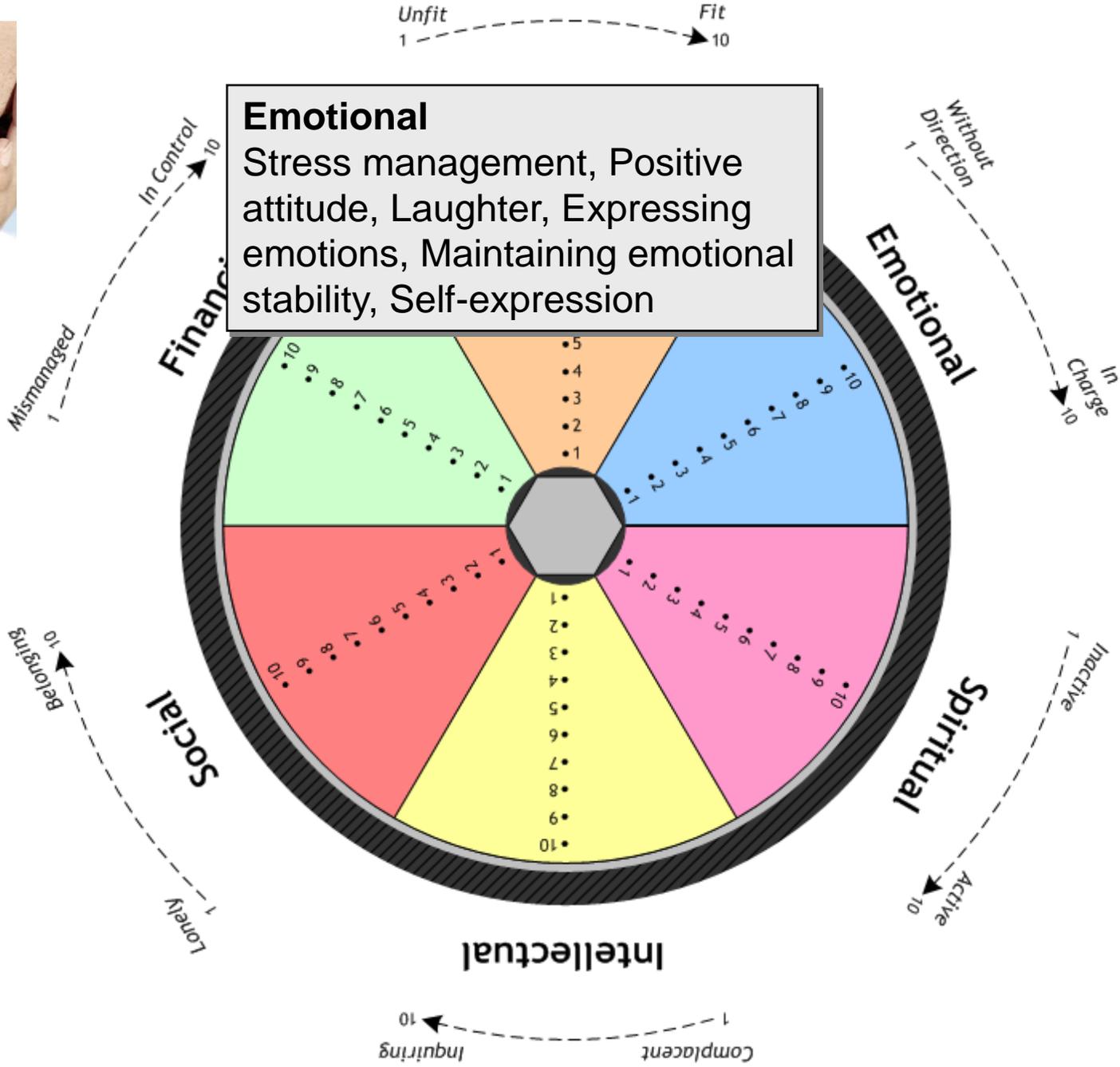


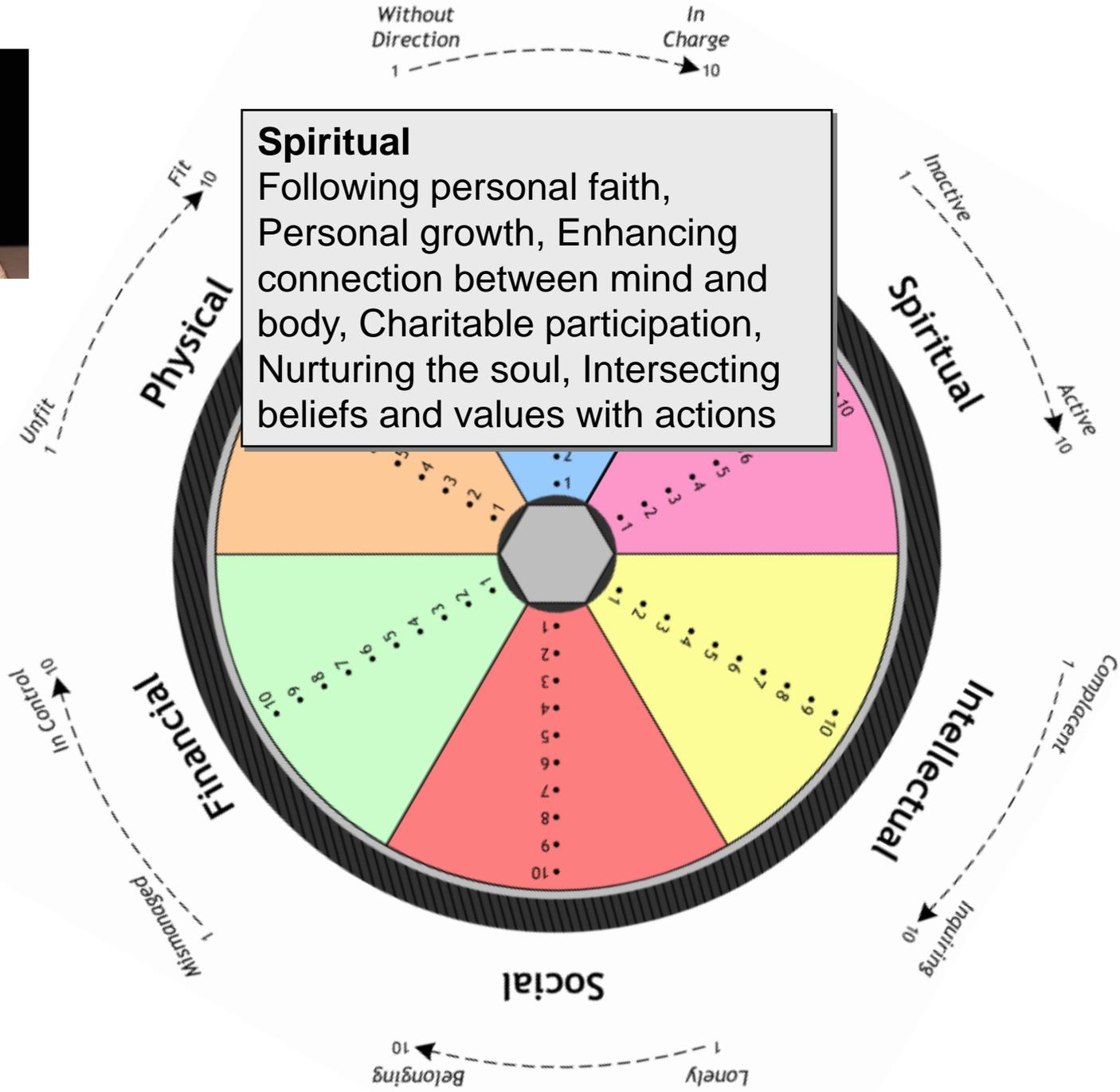
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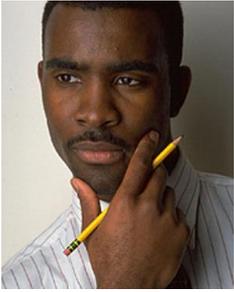


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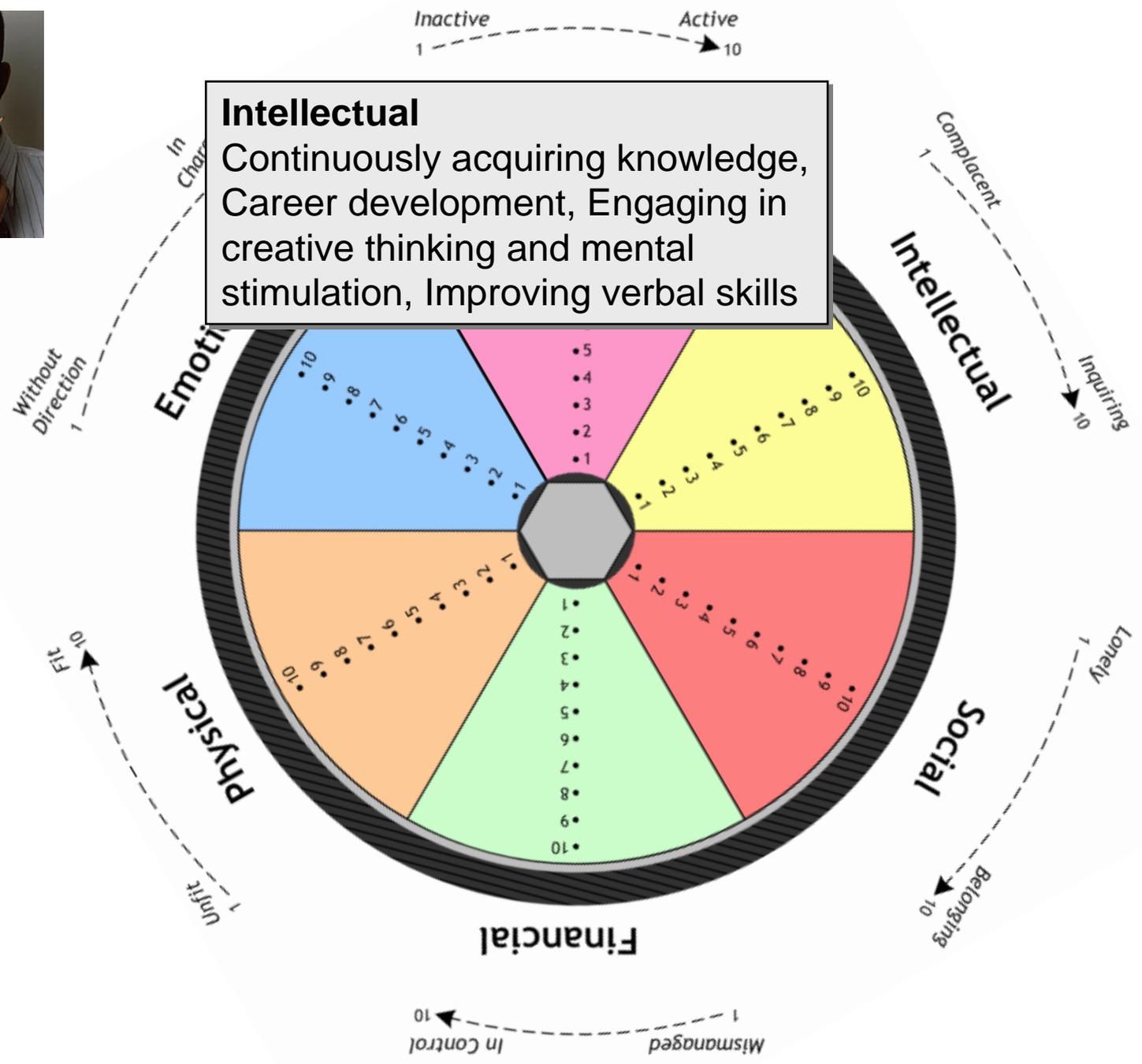


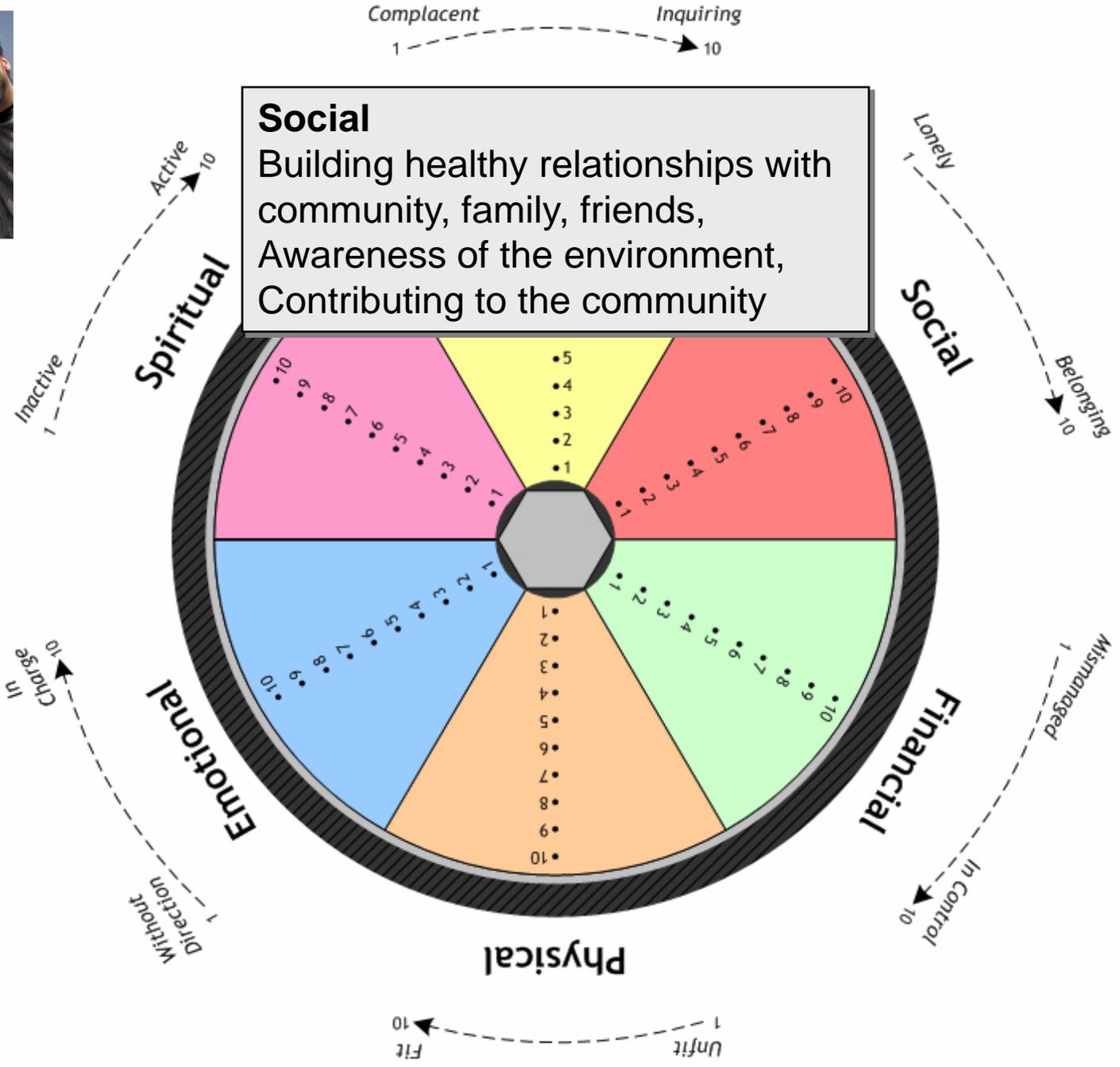


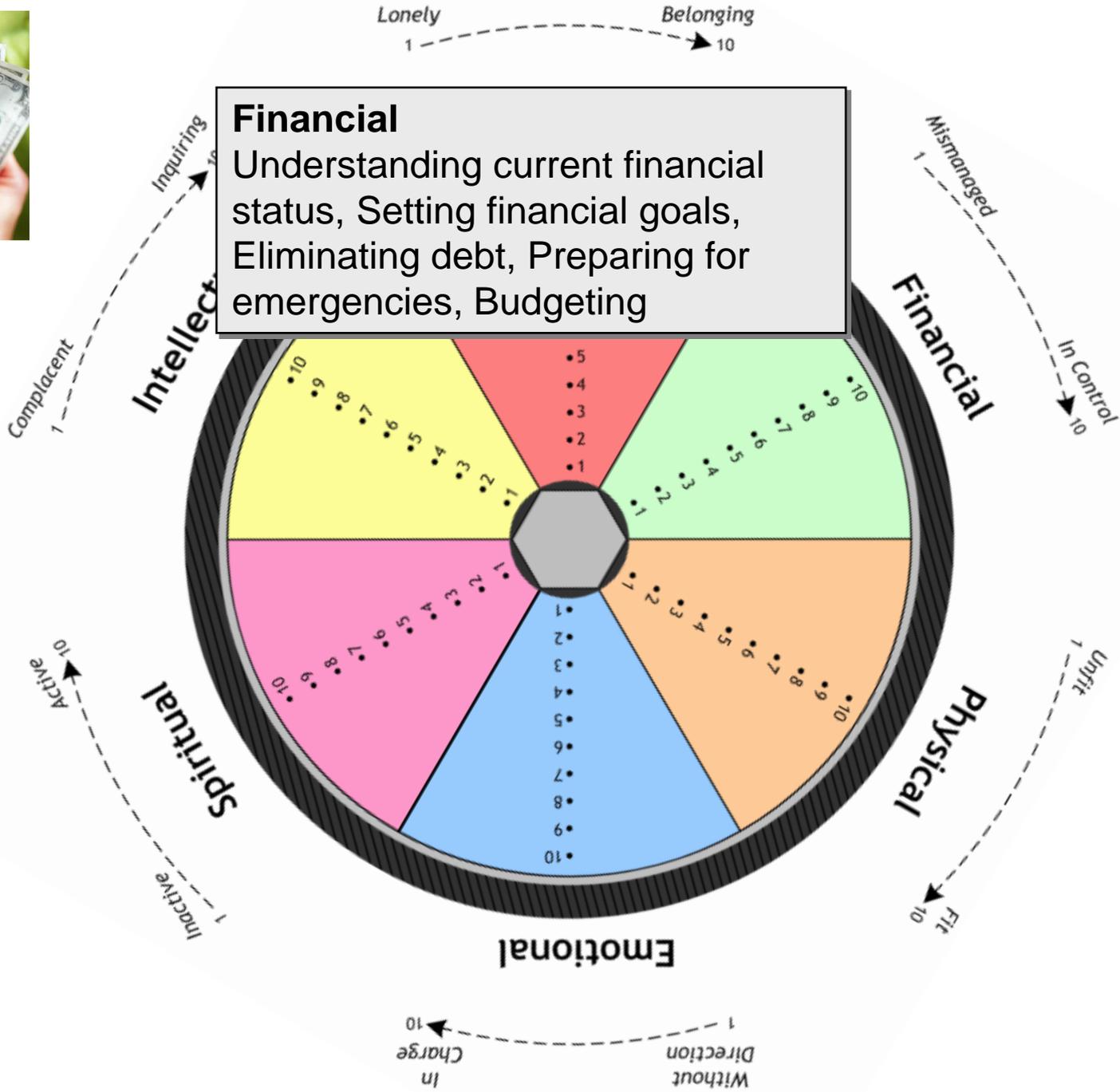


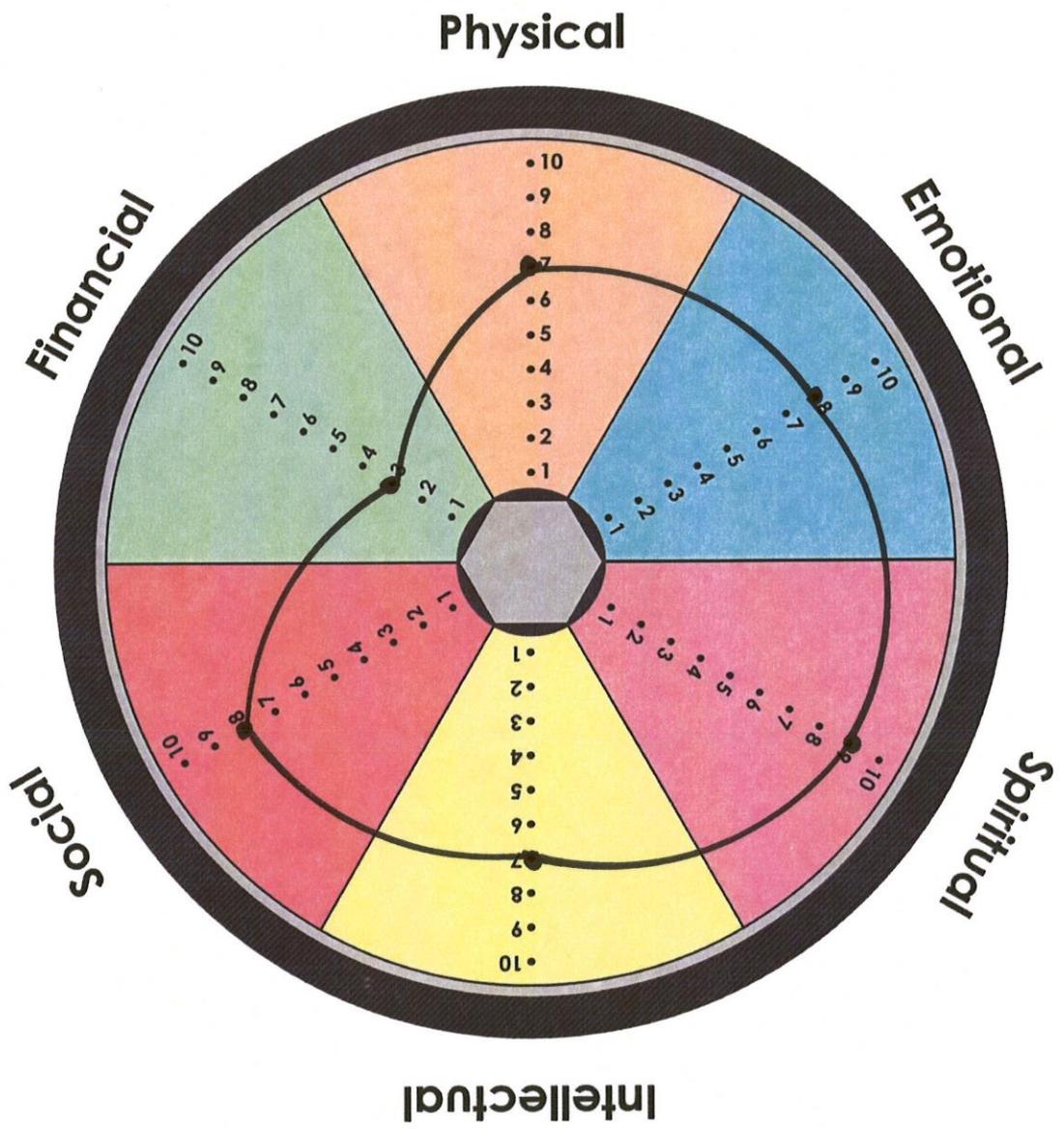


Intellectual
Continuously acquiring knowledge, Career development, Engaging in creative thinking and mental stimulation, Improving verbal skills









Wellness Wheel

1. Would your wheel roll smoothly?
2. Is it balanced and well rounded?
3. Do you like the size and shape of your wheel?
4. What areas of your life are you most well and balanced?
5. What areas of your life are you least well and out of balance?
6. What would you change about your wheel?