



HR Benefits presents

# Wheel of Wellness

Take inventory to track what you are doing in your life to be well.

It is not just diet. It is not just how much water you consume. It is not how many exercises you go to.

Wellness is about identifying your needs and creating balance in your life. Take a BLUE pen and write in the wheel of wellness all the things you are doing in your life that fulfill the categories description. Take a BLACK pen and write out something you will work on in the future to have more fulfillment in that category.



