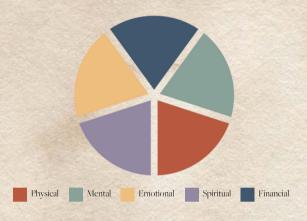
# How's My Health?

Balanced Wheel of Health



### Where You Have Been

Thoughts, Feelings, Attitudes, & Behaviors

#### Where You Are Now/\* YOU ARE HERE

Thoughts, Feelings, Attitudes, & Behaviors

Choices I Make

Choices I Make

## What story(ies) am I telling myself about what is going on?

Facts (what we'd see on a videotape)

Fiction (the story I'm making up)

Your Best Self/Optimal Well-Being

Thoughts, Feelings, Attitudes, & Behaviors

