

How's My Health?

Balanced Wheel of Health



Physical Mental Emotional Spiritual Financial

Where You Have Been
Thoughts, Feelings, Attitudes, & Behaviors

Where You Are Now/* YOU ARE HERE
Thoughts, Feelings, Attitudes, & Behaviors

Your Best Self/Optimal Well-Being
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)