



In Touch
Counseling Services

Wellness Wheel

Good Health Leads to a Good and Healthy Life

Choose how you are feeling about each aspect of your life.

10 9 8 7 6 5 4 3 2 1
excellent poor

There are various aspects of life that affect your health in different ways.

All aspects of your life are interconnected. The wellness wheel provides you with a baseline of your overall health and wellbeing.

The questions below are food for thought when thinking about the aspects contribute to your overall health.

