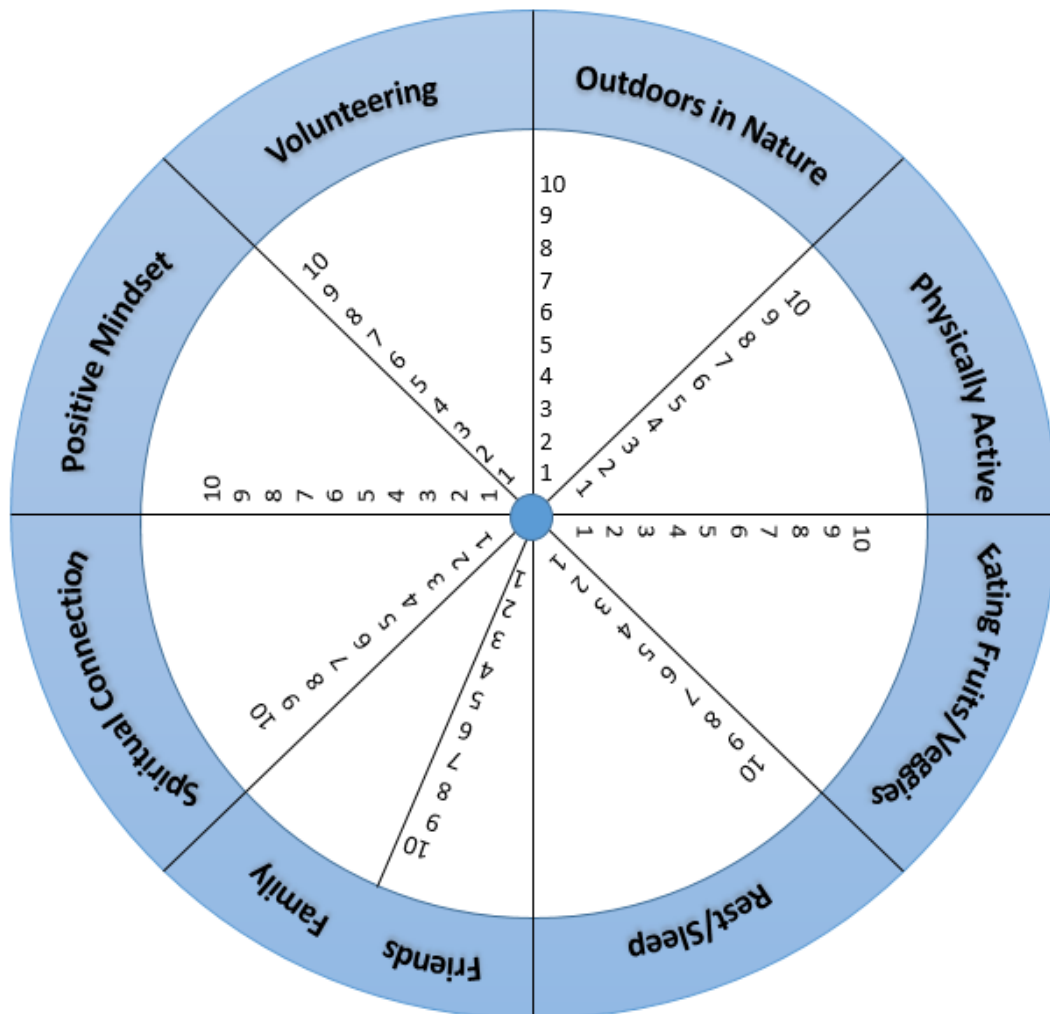


## RESILIENT BUBBLE WRAPPING HEALTH WHEEL



Complete the following resilience lifestyle wheel below. Rate your current level of practice by drawing a line across in the different categories below, with 10 being very common and 1 being completely absent. Draw a line across the areas of how you see your current practices, with 10 being the best. After you have completed your wheel, imagine how it would actually function as a true wheel. Is it a bumpy ride? Below is shown a completed wheel, just to give an idea of what it might look like.



## Health Wheel Sample Completed

