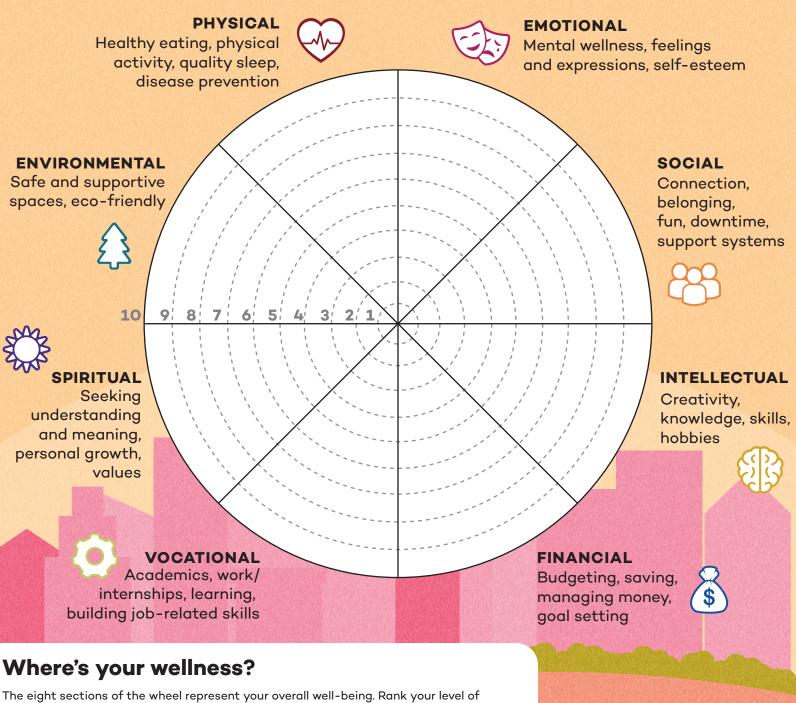


## Northwestern Wellness Wheel



satisfaction with each dimension out of 10. 1 means you are struggling or feel unfulfilled in that dimension currently and 10 means you are thriving with that dimension and don't think it needs any improvement. Go with your gut on this one.

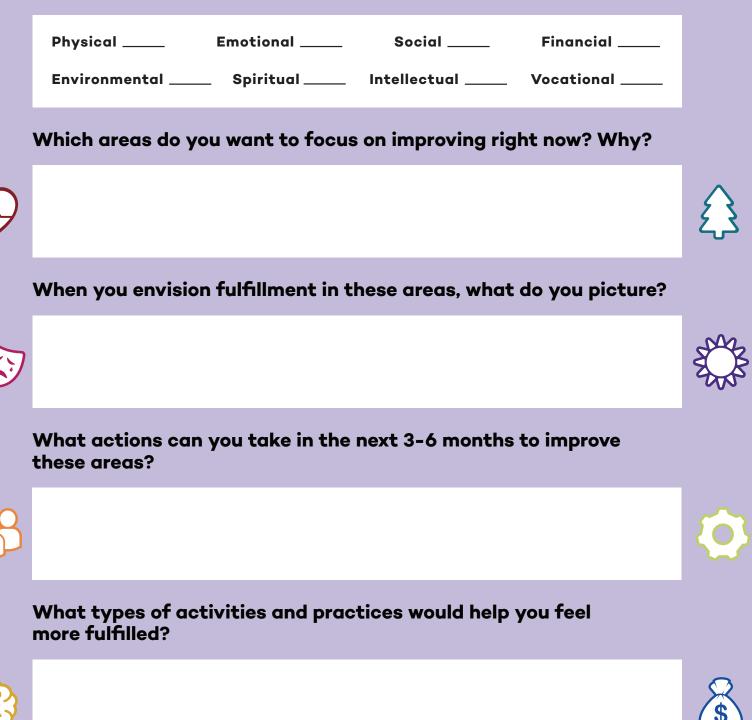
Color the number of spaces on the wheel that match your ranking, starting from the inside and working out. Once you're done, you'll have a holistic picture of what wellness areas you're feeling good about, and where you could use a little more support. Check out our **Wellness at Northwestern website** for how you can build up each area of wellness!



Northwestern

## **Reflecting on Your Wellness**

## What score did you give each area?



Struggling with some of these? Reach out to Wellness Resources on campus to help out.



