

Are You Living Well?

Rate the following *Living Well Indicators* on a scale of 1 to 10 (10 is awesome):

Known Health Risks & Disease	1	2	3	4	5	6	7	8	9	10
Energy Level	1	2	3	4	5	6	7	8	9	10
Mental Performance	1	2	3	4	5	6	7	8	9	10
Quality of Life (life satisfaction, balance, & purpose)	1	2	3	4	5	6	7	8	9	10

Rate your *Lifestyle Habits*: Seeing the center of the lifestyle habits wheel below as 0 and the outer edge as 10, rate your level of satisfaction with each area by drawing a straight or curved line to create a new outer edge. For instance, if you are feeling great about your exercise habits, you might give yourself a 9 or 10. If you are feeling pretty frustrated with the amount of sleep you are getting, you might give yourself a 1 or 2. The new perimeter of the circle represents your lifestyle habits right now. If this were a real wheel, what kind of ride would you be having?

