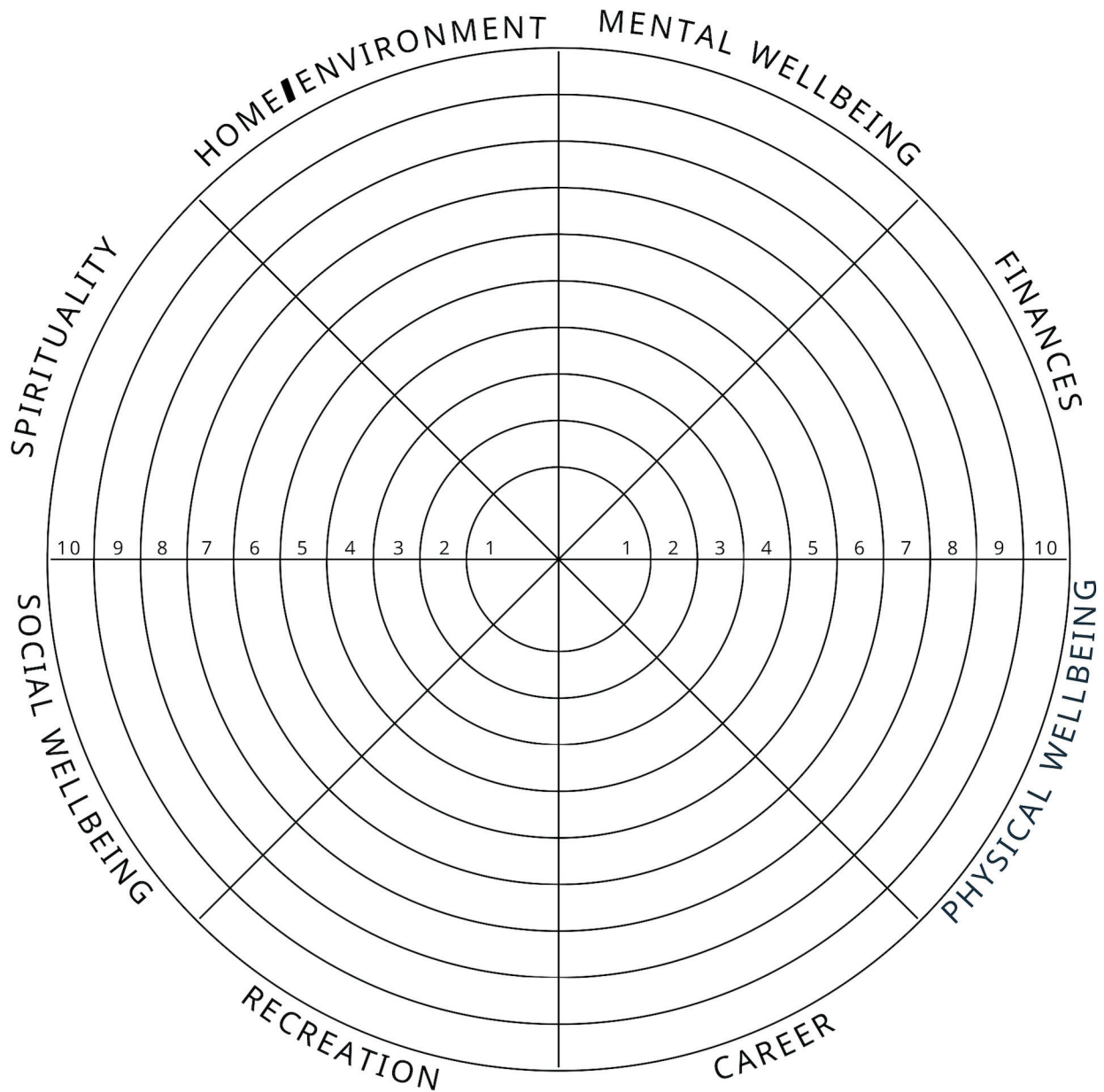


ADULT WELLBEING WHEEL



Wellness categories

Categories definition

Physical Wellbeing

Eating well, exercising, quality sleep

Mental Wellbeing

Healthy mindset and emotions

Social Wellbeing

Feeling connected to others

Home/Environment

Safe and comfortable living space

Spirituality

Personal growth and understanding

Recreation

Hobbies, fun and downtime

Career

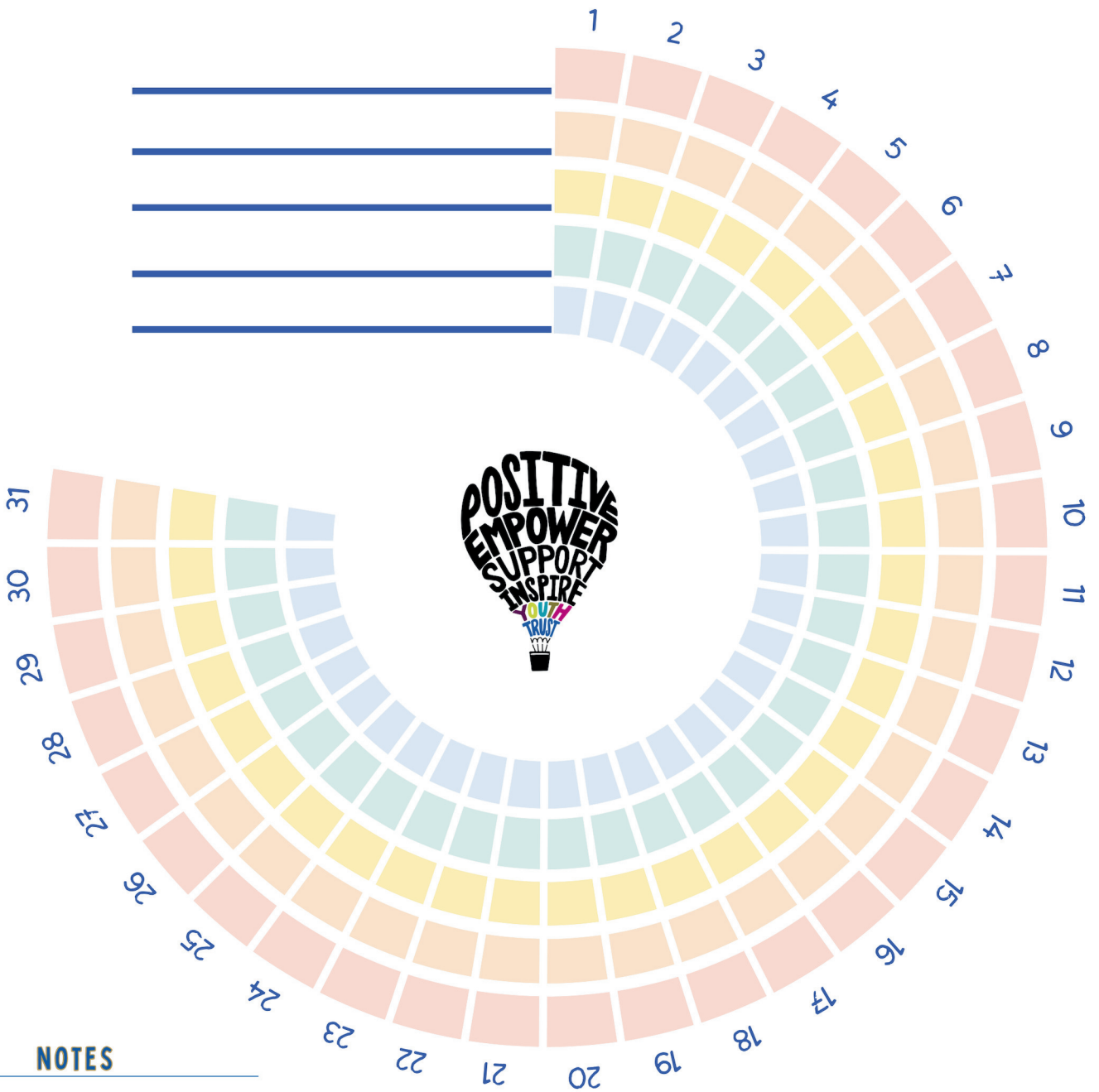
Satisfaction with work

Finances

Budgeting, saving and money

HABIT TRACKER

“YOU CAN DO IT!”



NOTES
