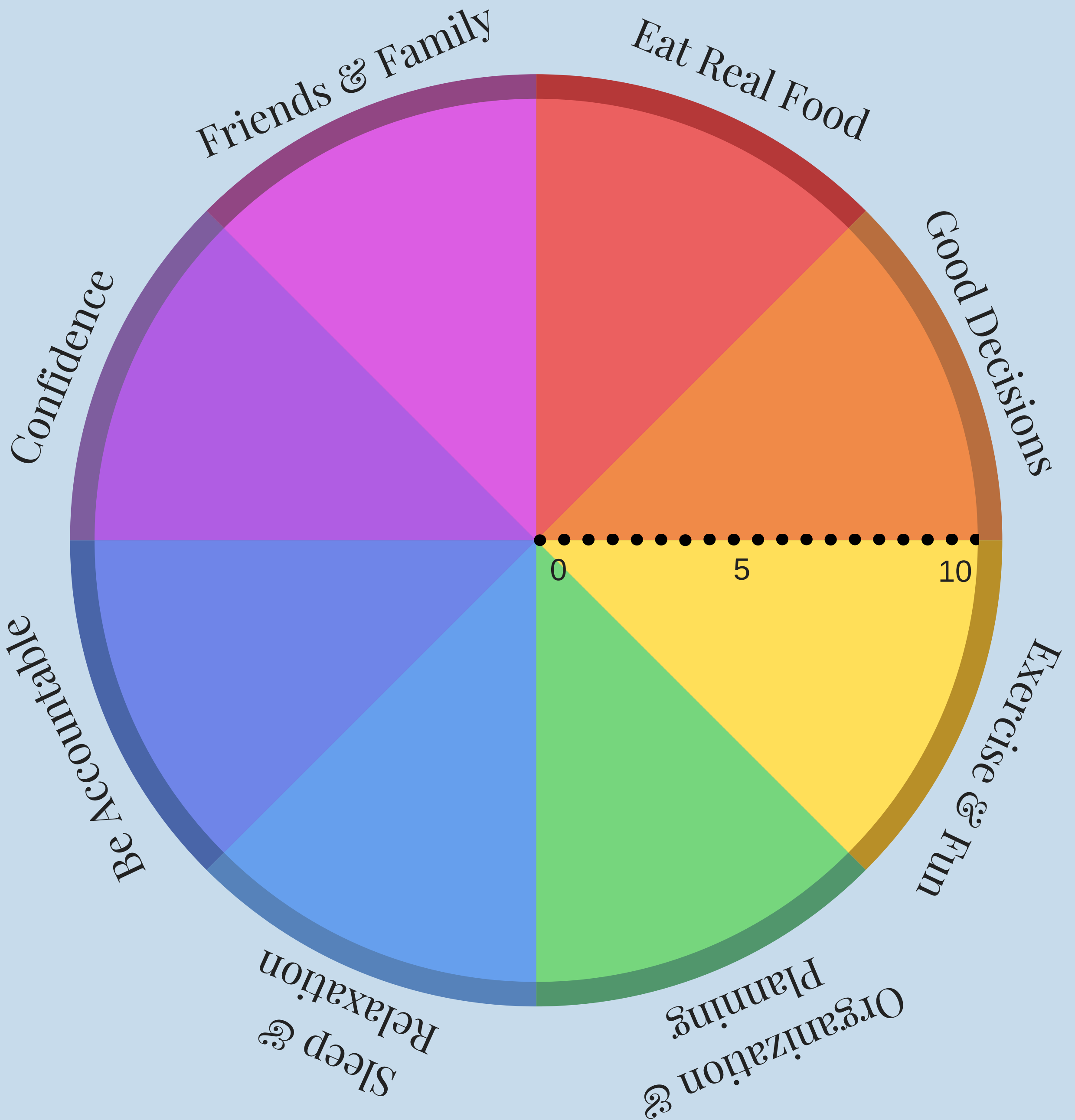


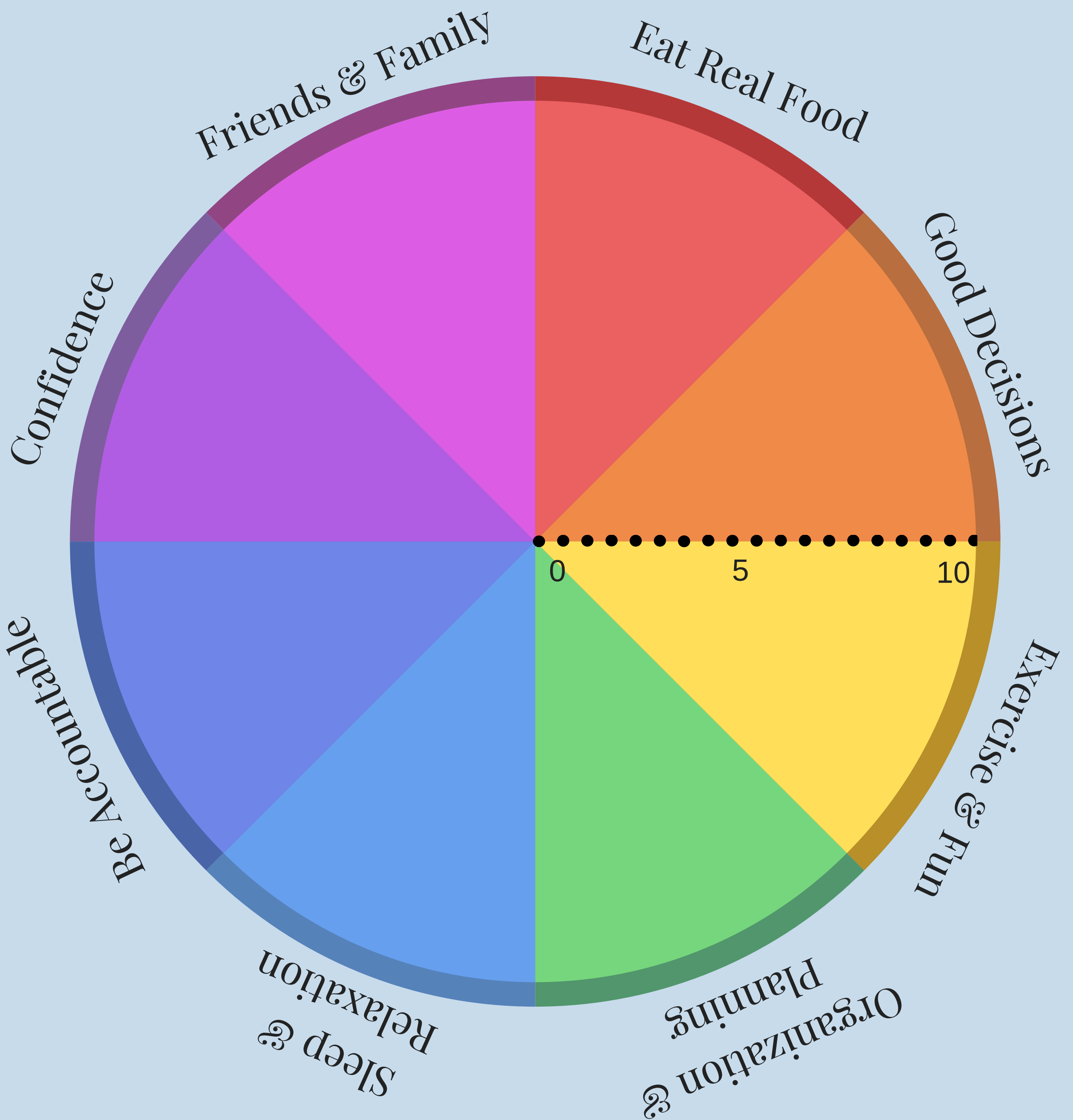
WHEEL OF HAPPINESS



DIRECTIONS

1. Print out several copies & review each happiness category
2. On a scale from 0 being the least happy to 10 being absolutely happy, mark where you currently feel you are in each category.
3. Draw a line from connecting each dot. Is it a bump road or smooth sailing?
4. Review the areas in which you scored the lowest. Are there any surprises?
5. Choose two of the low categories. Write down 2 things you can do to improve your score.
6. Re-do thrival wheel every 3 months.

WHEEL OF HAPPINESS

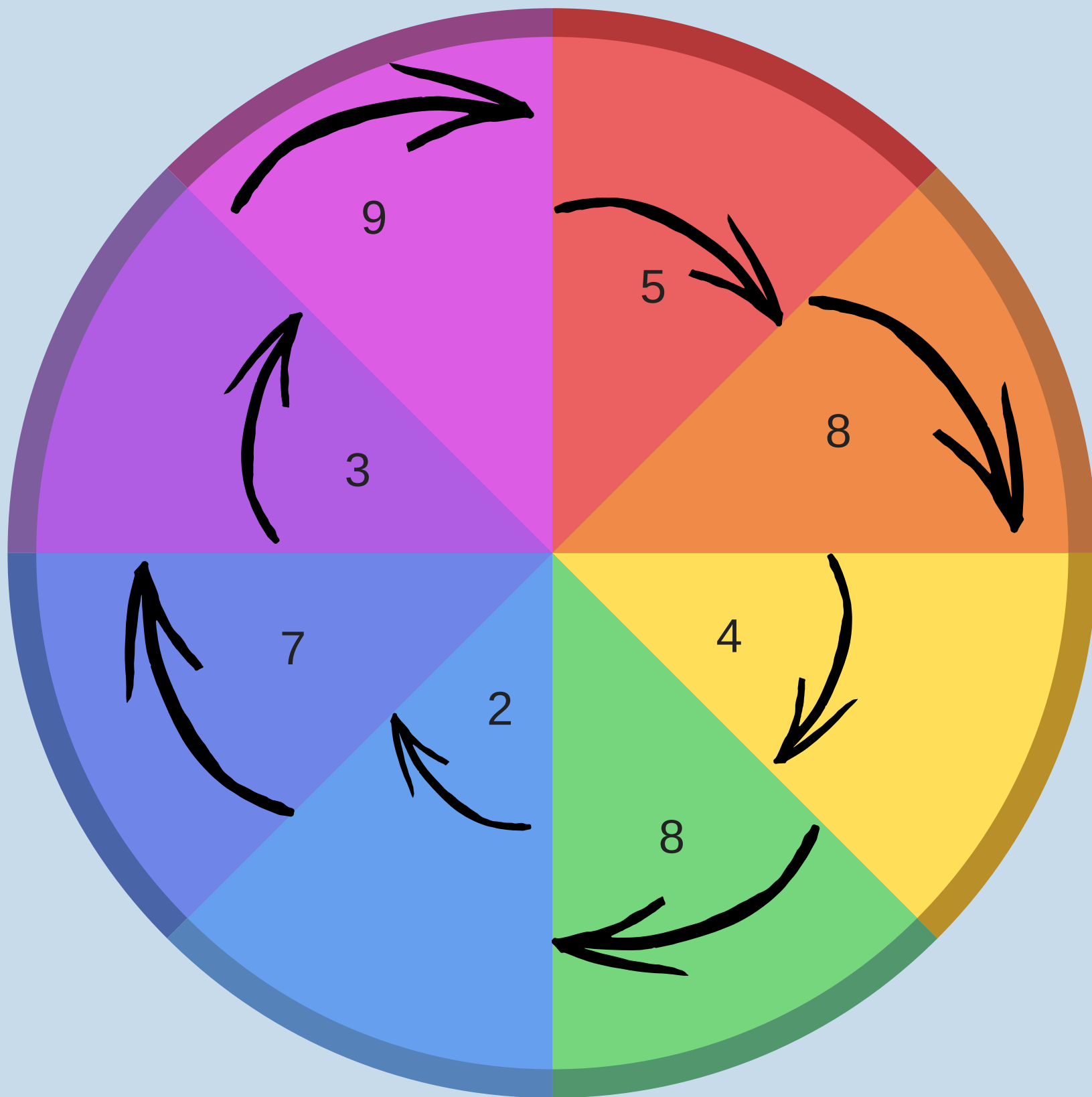


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WHEEL OF HAPPINESS

EXAMPLE



HAPPINESS RANKING



EAT REAL FOOD



0 5 10

MAKE GOOD DECISIONS



0 5 10

EXERCISE & FUN



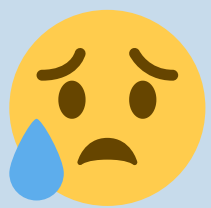
0 5 10



HAPPINESS RANKING



ORGANIZATION & PLANNING

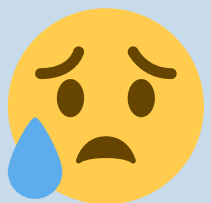


0

5

10

SLEEP & RELAXATION

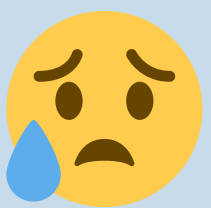


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5

10

BE ACCOUNTABLE



0

5

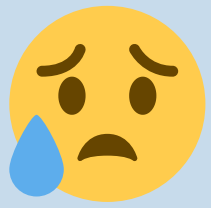
10



HAPPINESS RANKING



CONFIDENCE



0

5

10

FRIENDS & FAMILY



0

5

10

