

The WELLNESS SCHOLAR

Learn. Health. Thrive. Grow.

A TOOL FOR BALANCE, AWARENESS & GROWTH

reflect on the areas of your life and identify where you shine and where you can grow.

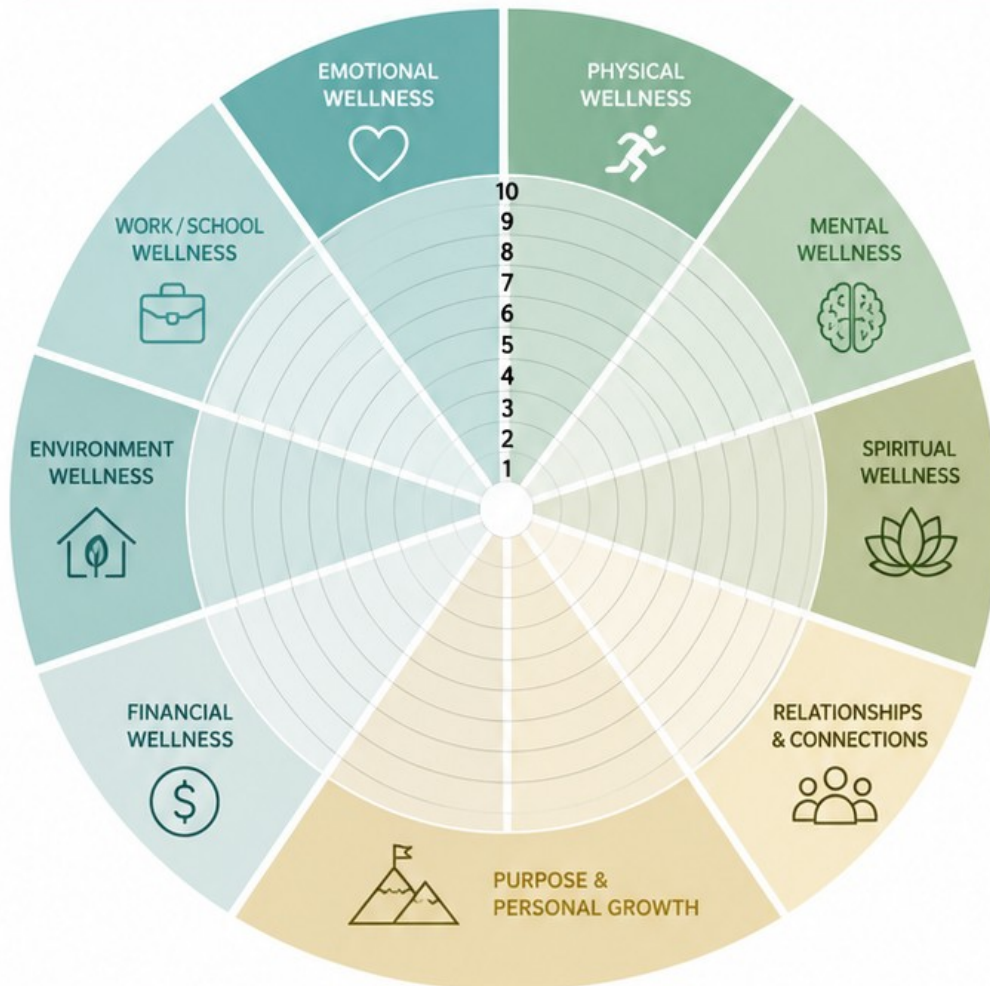


How It Works

Rate each area of your life on a scale of 1–10.

1 = I'm struggling in this area | 10 = I'm thriving in this area

Plot your score on the wheel and connect the dots to see your overall picture.



How to Use Your Results

- High scores (7–10): Keep nurturing these areas.
- Mid scores (4–6): Look for small, intentional ways to grow.
- Low scores (1–3): Choose one area to focus on this month.

REFLECTION



What areas are you thriving in?



What areas feel the most challenging right now?



What might be contributing to these challenges?



What is one small step you can take this week to invest in YOUR wellness?

MY INTENTION

This is my commitment to myself: