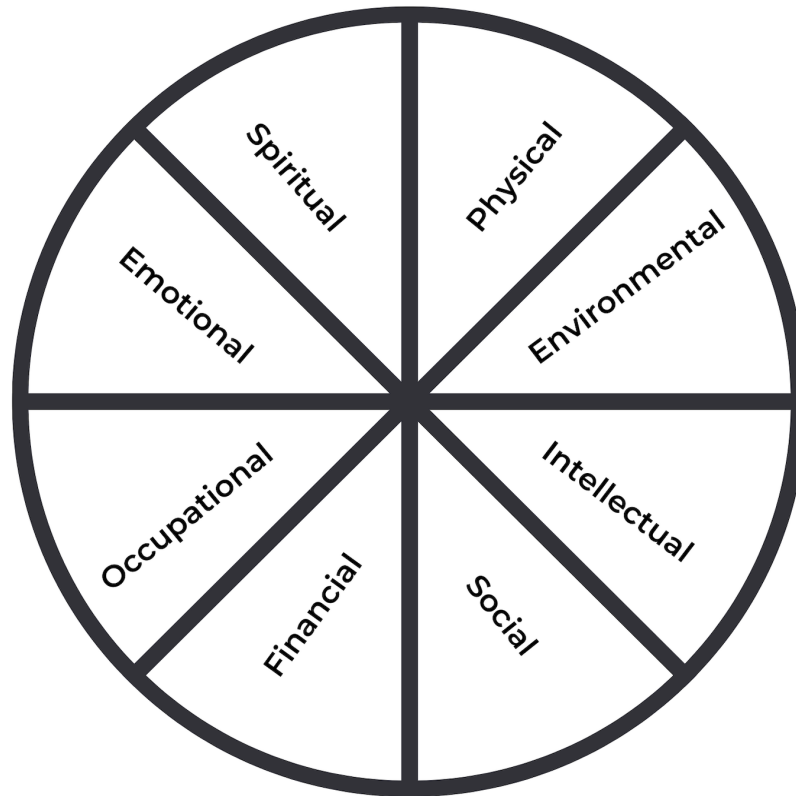


Your Wellness Makeover Worksheet

As you explore Your Wellness Makeover, complete this two page worksheet to provide a quick visual map of today's starting point and next steps.



My rating and action for each Wellness Dimension

Place a * by your top 3 priorities for the next 30 days

| Chapter | Dimension | My action |
|---------|---------------|-----------|
| 1 | Emotional | |
| 2 | Spiritual | |
| 3 | Physical | |
| 4 | Environmental | |
| 5 | Intellectual | |
| 6 | Social | |
| 7 | Financial | |
| 8 | Occupational | |