

Health Wheel

Step 1. Plot where you feel you are currently in each of the ten aspects of health.

Step 2. Plot where you'd like to be.

Step 3. What does your spidergram say about what's working well in your health and what you'd like to be.

Step 4. Choose the card or cards that most resonate for you and use the coaching question, nudge, and neuro-insight to reflect.

Questions that resonate

My thoughts

