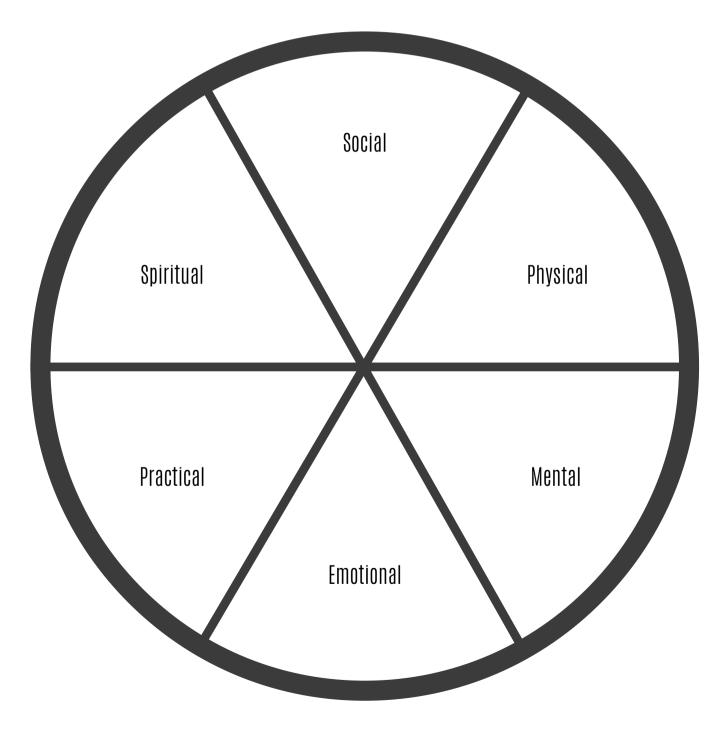


Self-Care Balance Wheel

Starting from the centre, colour each segment to represent how fulfilled you feel in this area or the amount of selfcare you give to this domain. Then reflect - In what areas do you need more self-care?



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