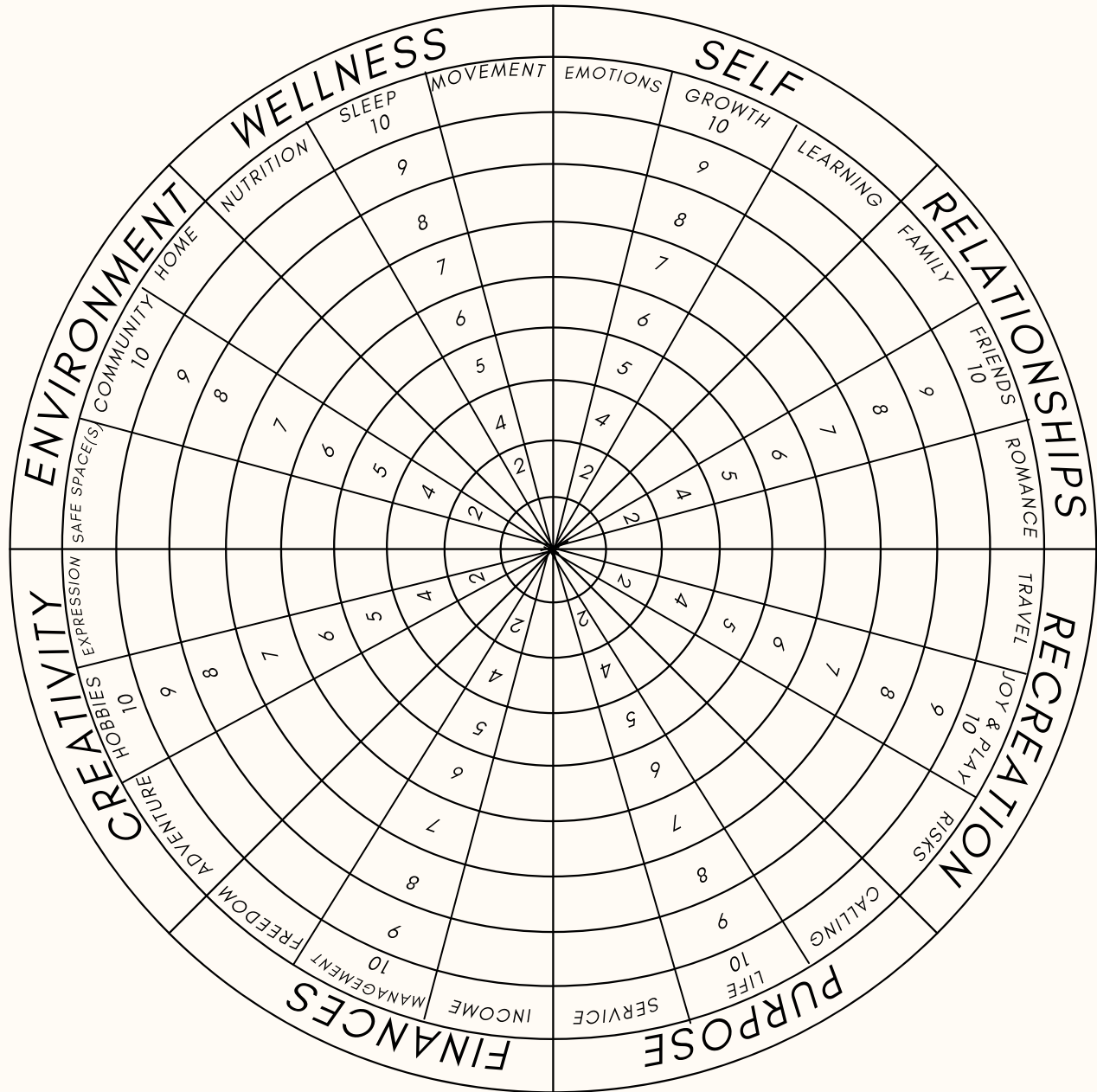


WHEEL OF WELLNESS

Reflect on each aspect of your life and rate them from least desirable to most desirable (2-10)



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*Note that an angular shape shows where they may be imbalance in your life. Pick a couple areas to focus on where you'd like to create more balance and satisfaction in your life.

JOURNAL PROMPTS

NOTES

- WHAT ARE MY GOALS/PRIORITIES FOR THE NEXT 3 MONTHS ?
- WHAT ARE SOME CHANGES I'M WILLING TO MAKE TO MY DAILY LIFE ?

HERE'S MORE WRITING SPACE