

Focus Wellness Wheel

Choose 6 of the following aspects of your wellness and colour in the circle to represent how happy/satisfied you are right now. (10=happiest)

- Relationships
- Cardio Fitness
- Nutrition
- Mindfulness
- Work
- Leisure
- Personal Development
- Strength & Body Conditioning
- Other: _____

Use the space in each section to set a specific goal every week for 4 weeks.

focus

Want to know more?
www.focusmovement.sg/wellnesswheel

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