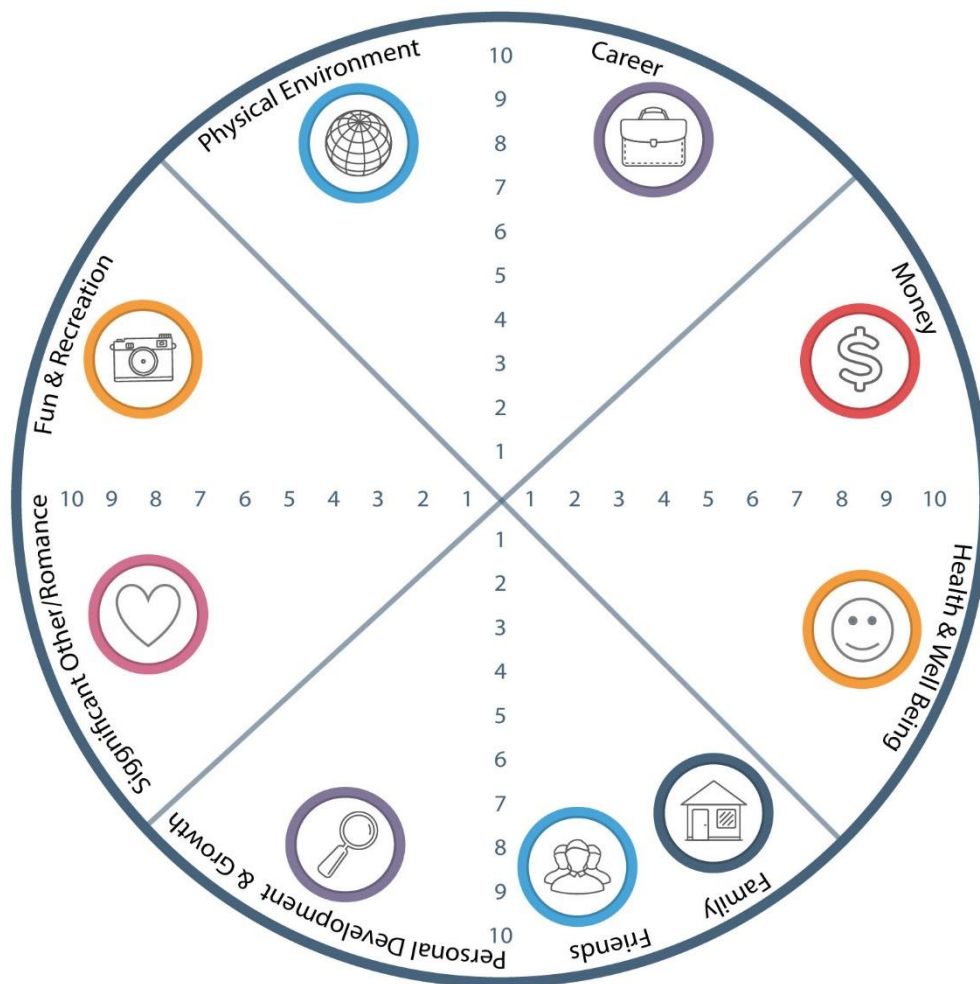


## Week of Resilience

Complete the Wellness Wheel Self Assessment Tool

### Wellness Wheel



Credit to: Michael Arloski (Book: Wellness Coaching for Lasting Lifestyle Change)

