



# Wheel of Self-Care

## Module 6

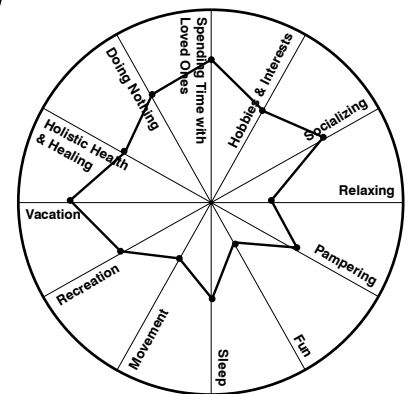
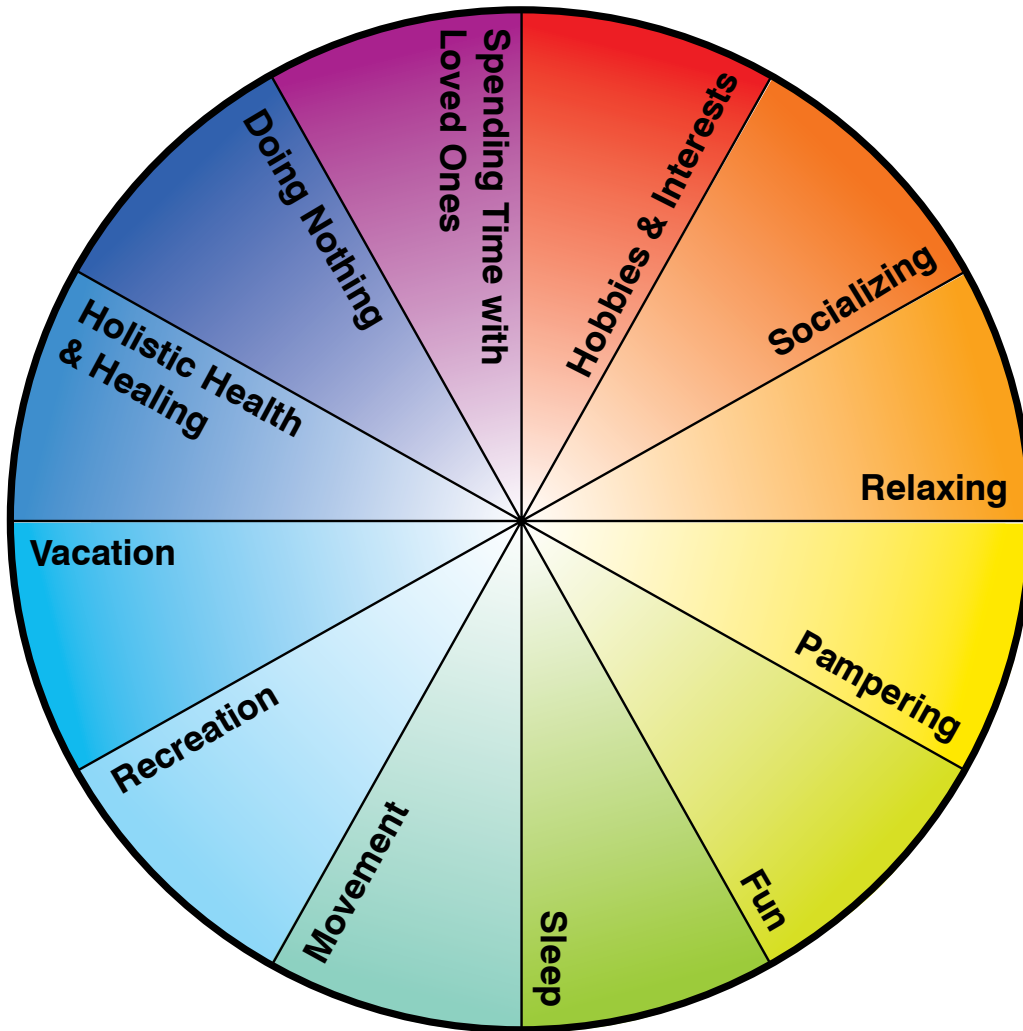
### Instructions:

Place a dot on the line in each category to indicate your level of satisfaction or imbalance within each segment.

Closer to the middle of the bullseye indicates dissatisfaction/imbalance/problem area, closer to the outer edge or the periphery of the circle indicates satisfaction/balance/doing okay in that area.

Connect the dots and see what shape comes up for you. Then identify the imbalances. What are the areas that need your attention? What areas are you willing or committing to address during the Sugar Shift? Choose between 1-4 areas.

Take these areas into your Areas of Focus worksheet (Module 1) and develop action steps for each one.



### Action:

If you are comfortable sharing, pop on over to the facebook group and let us know how this exercise was for you. What shape appeared? Was your circle nice and round or pretty spiky? What areas of self-care are you making a priority to work on?