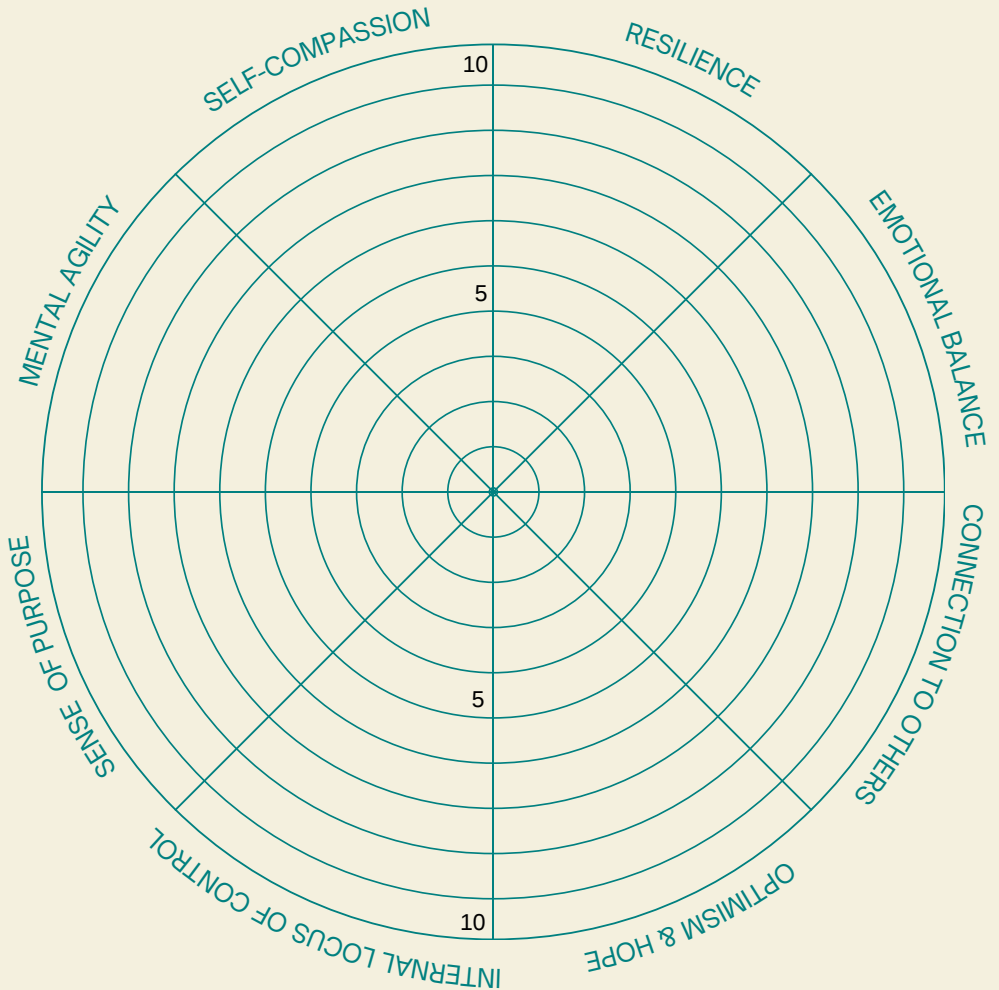


Resilience Wheel

1. RATE YOURSELF FROM 1 TO 10 IN EACH OF THE EIGHT AREAS.
2. MARK YOUR RATINGS ON THE WHEEL.
3. IDENTIFY AREAS WHERE YOU MAY WANT TO STRENGTHEN YOUR RESILIENCE



Reflections:
