Assess the facets of your Wellness Foundation
This exercise is a tool to check how you are balanced.

Did you score a 2 or below in any of the 10 Dimensions?
See reverse for a complete list of the 10 Dimensions and a list of Mary’s Woods resources.

Key:
1 = Can’t find time for it
2 = Needs attention
3 = Working on it daily
4 = Part of daily life
5 = What I live by