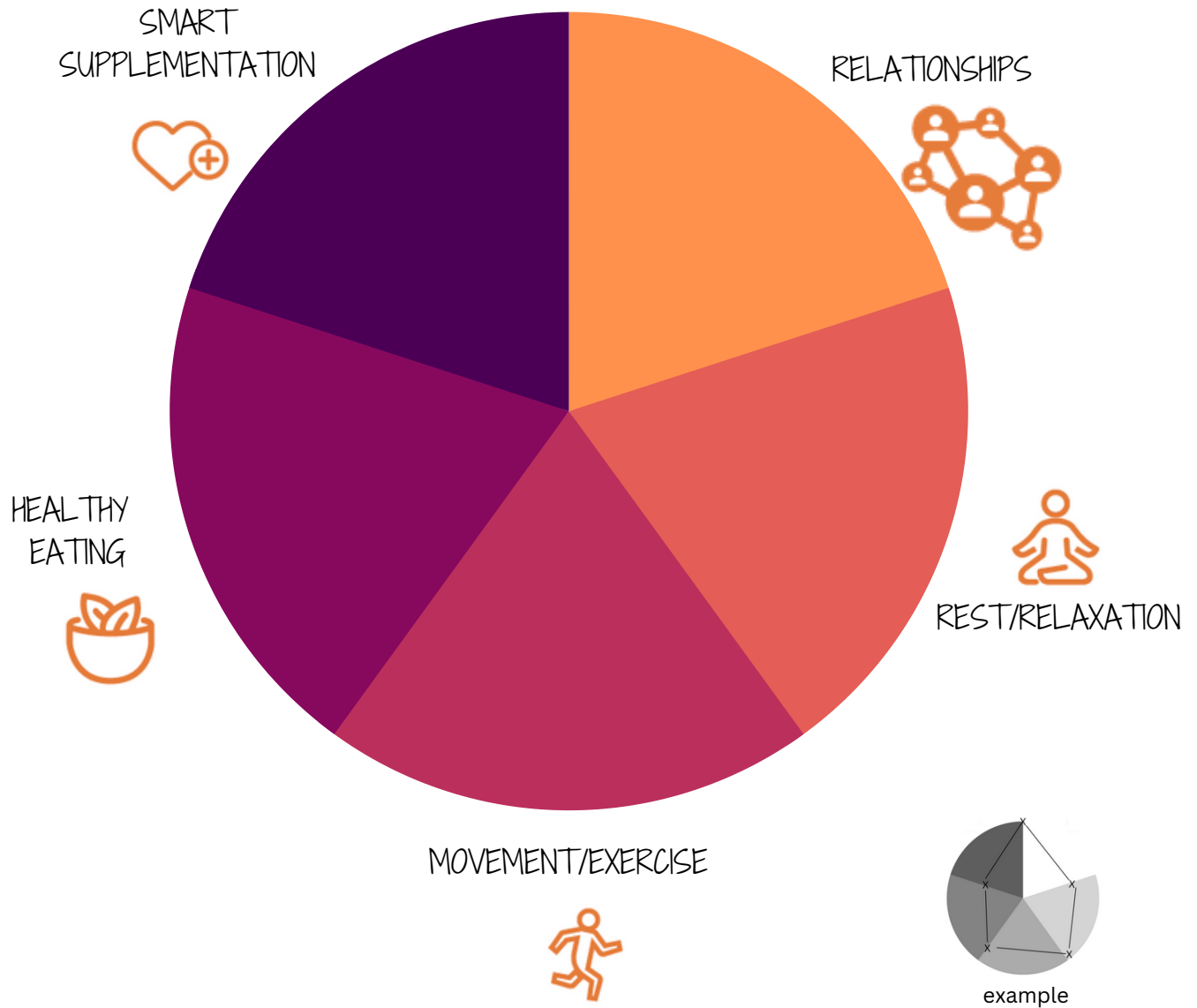


5-PILLARS OF WELLNESS CIRCLE

MetaPWR Pre-Assessment Date _____

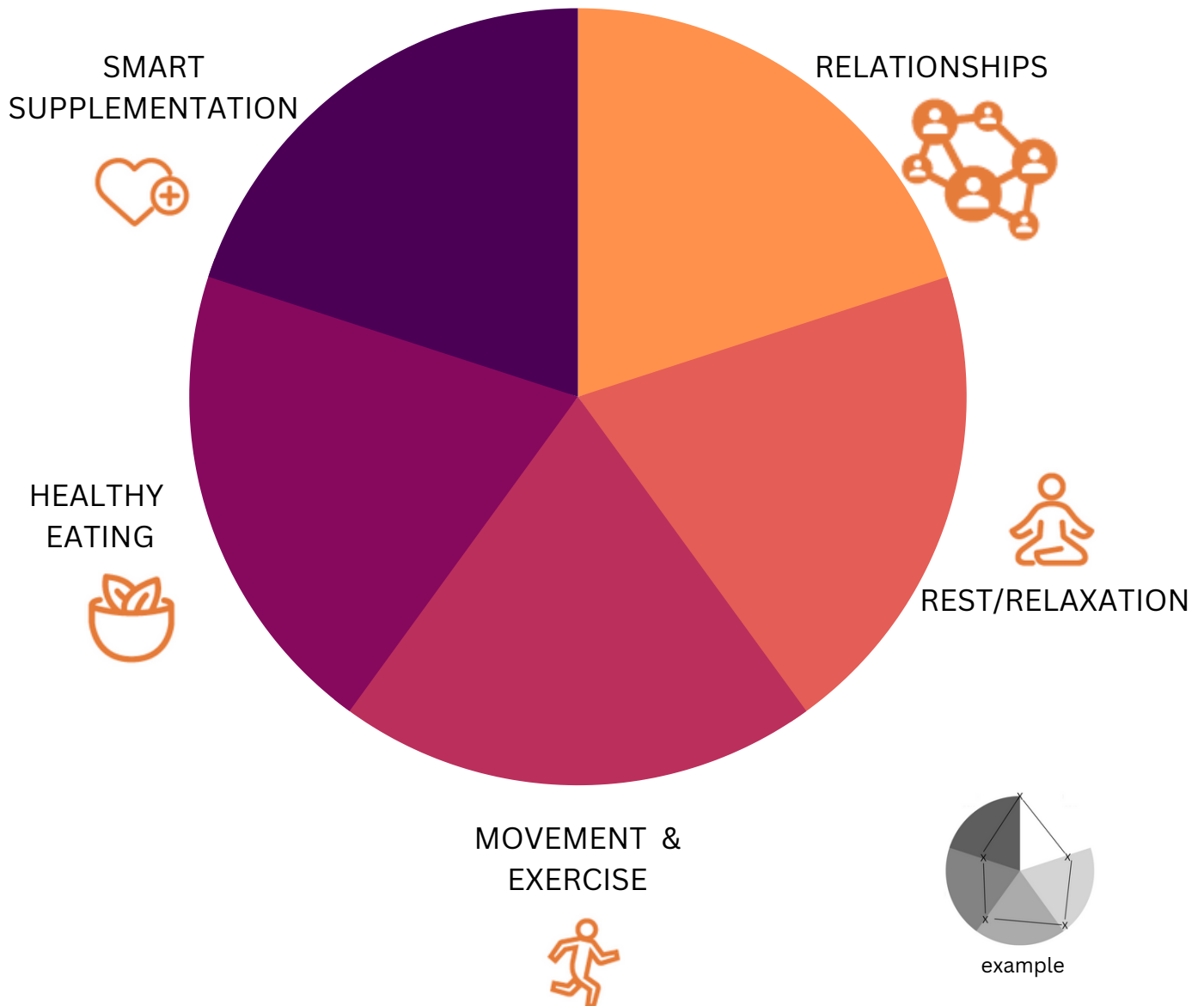


Instructions:

- Print your 5 Pillars of Wellness Circle
- Place an X on the segment within each category to indicate your level of satisfaction of wellness.
- An X towards the outside edge of the circle means that you are highly satisfied with your wellness.
- An X towards the inside edge of the circle means that you could use a little more TLC.
- Take a photo of your completed 5 Pillars of Wellness Circle .
- Send it to me as a text or in an email.
- Text 808.269.9373
- Email wendy@wendysaysoils.com

5-PILLARS OF WELLNESS CIRCLE

MetaPWR Post-Assessment Date _____



Instructions:

- Print your 5 Pillars of Wellness Circle
- Place an X on the segment within each category to indicate your level of satisfaction of wellness.
- An X towards the outside edge of the circle means that you are highly satisfied with your wellness.
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