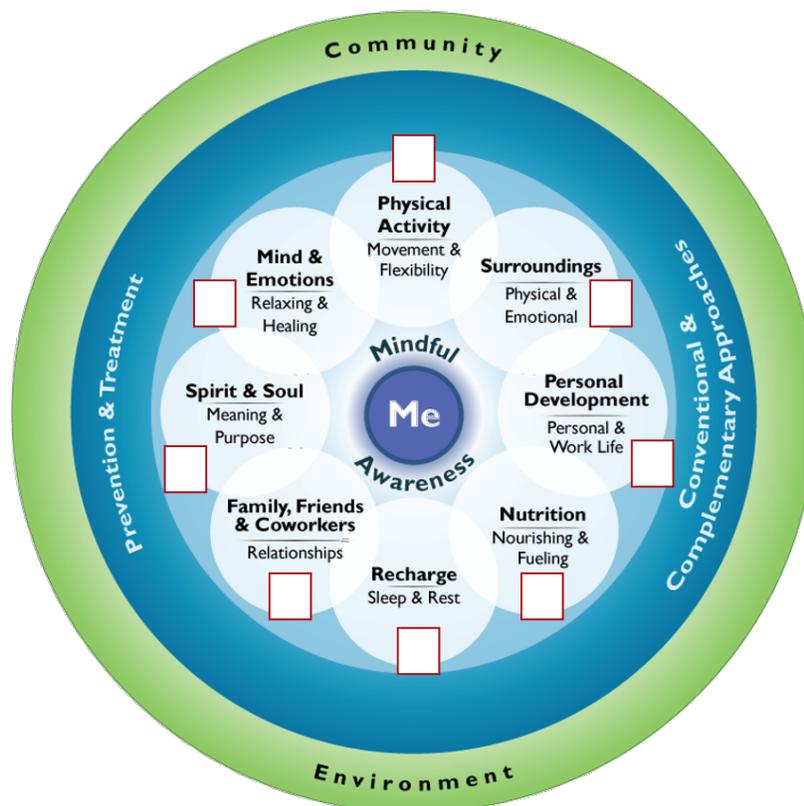


The Circle of Health: A Brief Self-Assessment

For each of the areas below, rate yourself with a number, 1 – 5. Put your number in the white boxes with red outlines for each topic. Use the following scale:

- 1—I would like more information.
- 2—I am interested in setting a self-care goal.
- 3—I would like more support in meeting my goal.
- 4—I am working toward my goal.
- 5—I have achieved my goal(s) in this area; this area is one of my strengths.





Reflections

Please use these questions for further self-reflection.

What areas did you identify as your strengths? How do these areas of strength affect your health?

For what area would you be interested in setting a self-care goal? If you made progress in this area, would it influence any other areas?

Do you see connections between the areas of self-care, as they relate to your life? (For example, is there a connection between Nutrition and Mind and Emotions, because you know that your eating influences your mood?)
