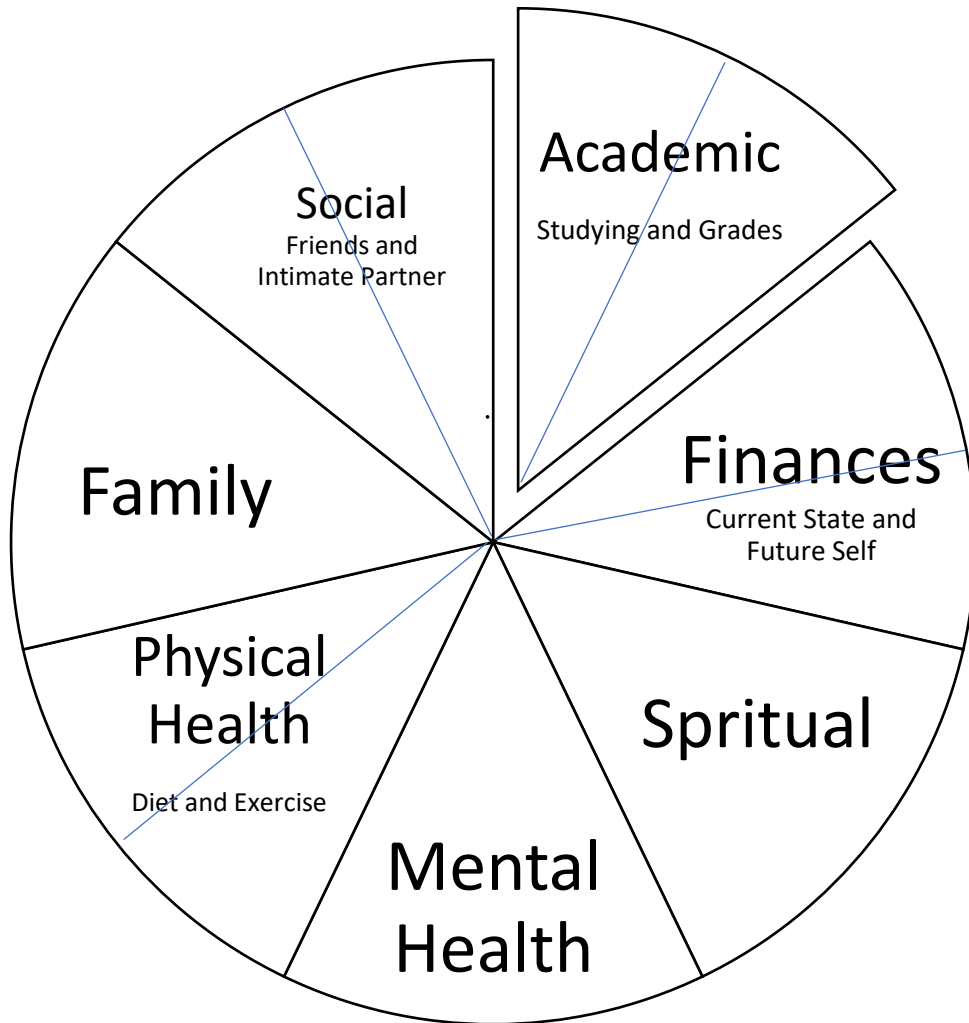




# IGNITE TRANSFORMATION WITH DR. ECKENROD-GREEN

## College Student Wellness Wheel

Examine each dimension of wellness and shade in the degree to which you believe your current state is for each dimension.



### Reflection

1. What areas are Strong?
2. What areas need attention?
3. What areas are you willing to focus on for the remainder of the semester?
4. What behaviors would support this area?
5. My Commitment to the area that needs attention is: (low) 1 2 3 4 5 6 7 8 9 10 (high)