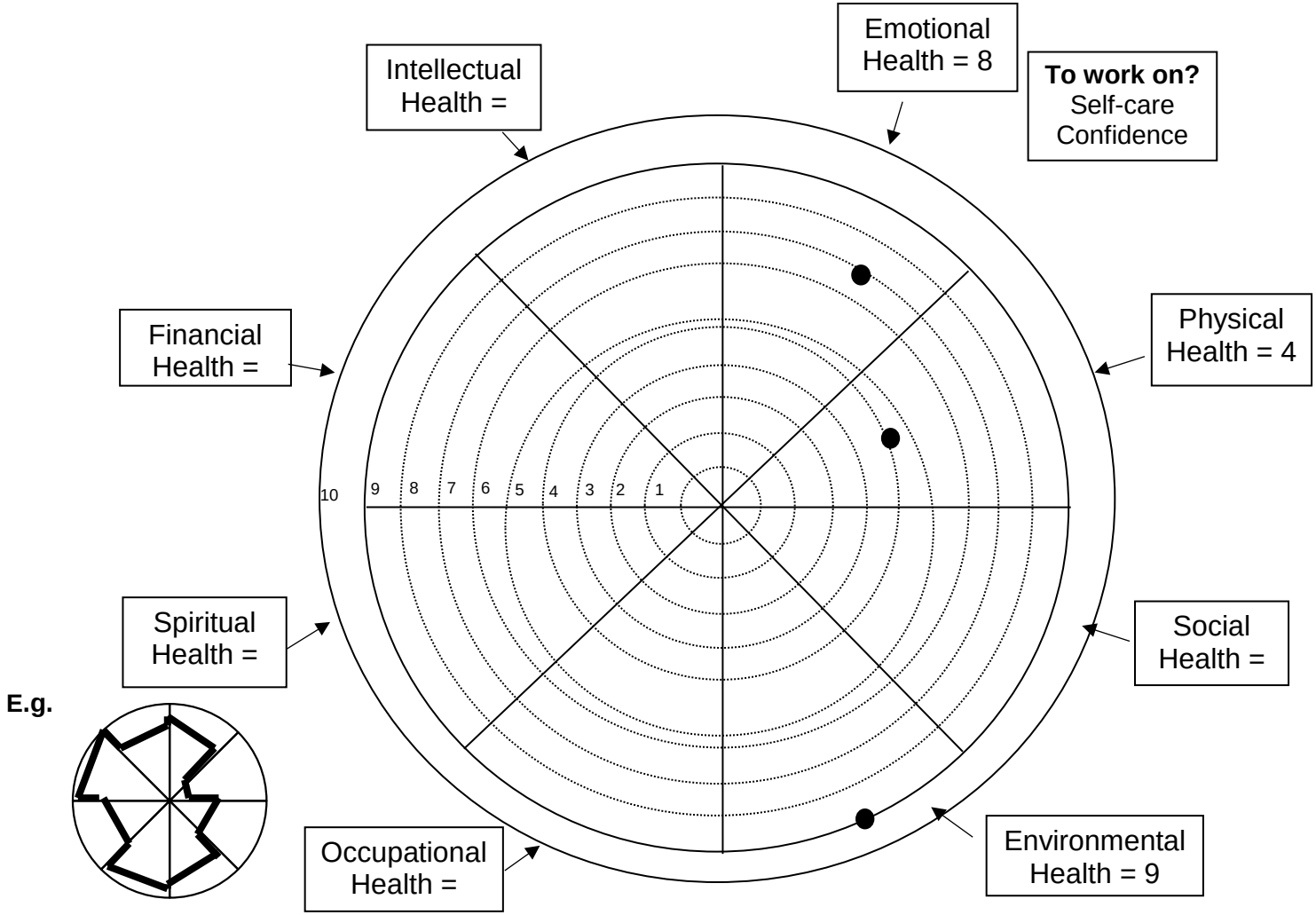
Emotional Health = 8
To work on?
Self-care
Confidence
Intellectual Health =
Financial Health =
Physical Health = 4
10
9
8
7
6
5
4
3
2
1
Spiritual Health =
Social Health =
Occupational Health =
Environmental Health = 9

E.g.