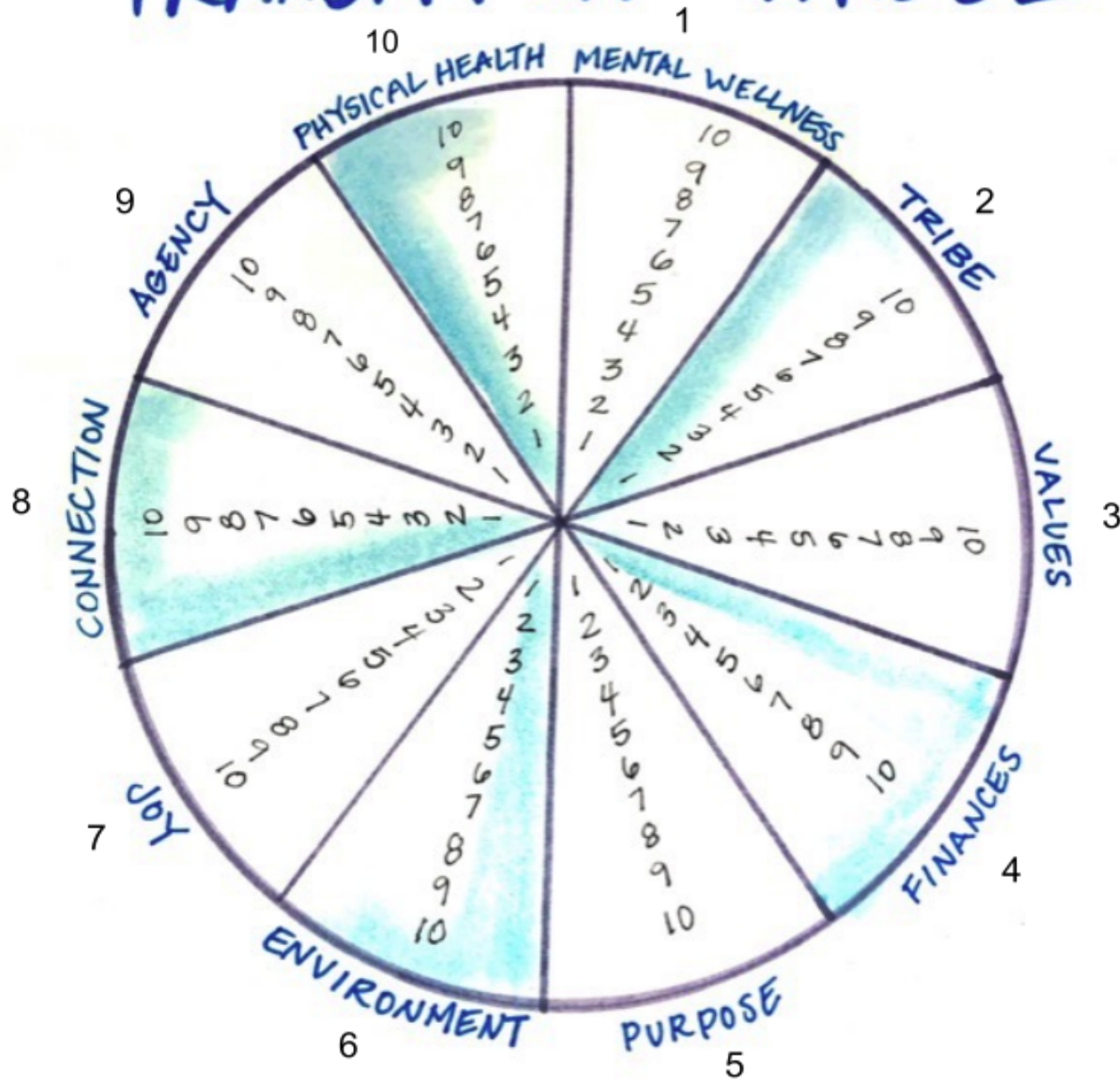


# TRANSITION WHEEL



**Directions:**

Rate yourself on each of the categories. Use the following questions to help you think about your score in each category.

1. Rate your overall mental health. How are you feeling today and what is taking up your headspace? Is it affecting your mental health?
2. Who is your tribe? Do you have people in your life you can go to for help and for fun?
3. Are you clear on your values and what is important to you? Does your life reflect your values?
4. Rate your satisfaction with finances and your overall financial health.
5. Do you feel purpose in your life? How confident are you about your purpose in life?
6. Are you happy in your environment? Can you identify what you want to change in your environment?
7. How much joy do you feel in your life? Do you have time to do things that make you joyful?
8. How much connection do you have with the important people in your life?
9. Do you feel in control of your actions and their consequences? Are you able to act autonomously and freely?
10. Rate your overall physical health.