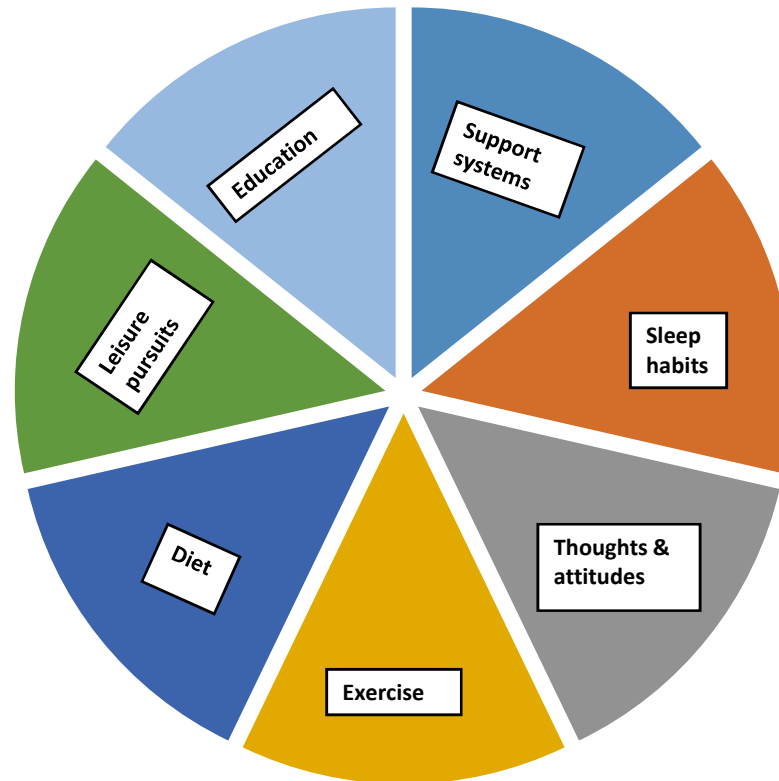


# Wheel of Health



When addressing any challenge in life, one approach is often not the answer to fixing our problem. The key is implementing change at more than one level. This takes a commitment to adjusting lifestyle patterns that may be a result of or contributing to your state of mind. Look at all the areas included in this diagram. Decide what a good starting point is for you. Remember, these patterns could have taken a long time to develop. Give yourself the time to allow positive changes to happen.