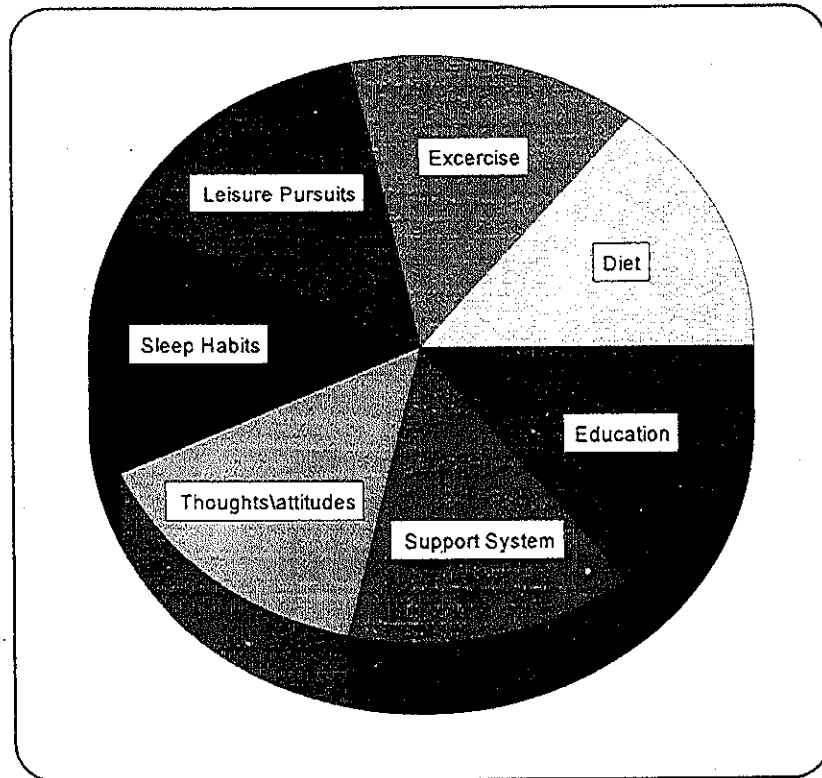


Wheel of Health



When addressing any challenge in life, one approach is often not the answer to fixing our problem. The key is implementing change at many levels. This takes a commitment to changing lifestyles that may have been encouraging our problem to continue. Look at all the areas included in this diagram. Decide what a good starting point will be for you. Remember, these unhealthy patterns could have taken a long time to develop. Give yourself the time to allow positive changes to develop.