



**START**  
CREATIVE ARTS  
THERAPY SERVICES

# the wellness wheel

**START Creative Arts Therapy Services** focuses on eight areas of wellness: mental & emotional, physical, social & cultural, sexual, spiritual, occupational, financial, and environmental. Reflect on each area and rate your satisfaction on a scale of 1-10 (10 meaning you are completely fulfilled in this area, 1 meaning your wellness is basically nonexistent). Starting from the center, shade in the corresponding sections of the wheel to visually showcase your ratings. For example, if you are completely dissatisfied with your performance in spiritual wellness, you would fill in just the first layer within the spiritual wedge of this wheel.

