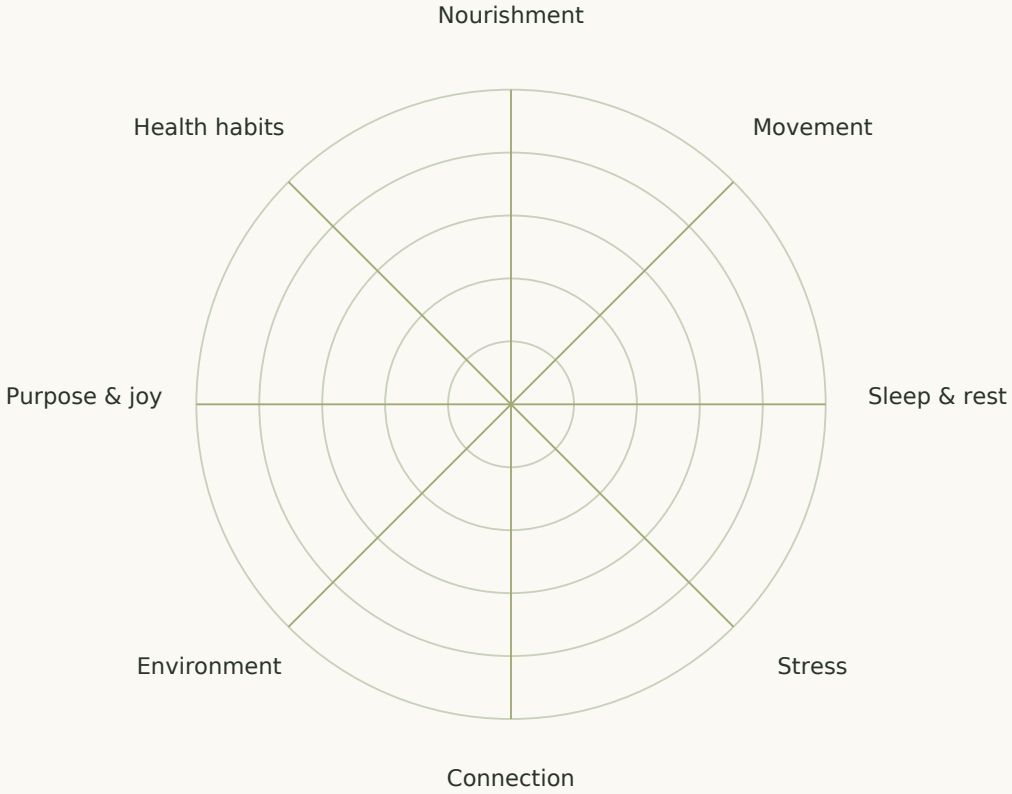
The Sacred Soil Wellness Wheel

Make a copy of this page before you fill it in. You can use it again to notice changes over time.

First: Read and answer the reflection prompts on the previous page. Then: rate how supported you feel in each area, from 1 to 10. Shade each spoke from the center outward and connect your marks. An uneven wheel may show where extra care could make life feel less bumpy.

Awareness, not blame

This is not a medical risk score. A low rating does not mean you caused hypertension, and a high rating does not rule it out. Your health is shaped by biology, circumstances, and access to support as well as habits.



Shade each spoke from 1 (center) to 10 (outer edge), then connect your marks.

Nourishment ___ Movement ___ Rest & Sleep ___ Stress & Resilience ___

Connection ___ Environment ___ Purpose & Joy ___ Health Habits ___

Print a fresh wheel in a few weeks or months to notice changes.

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