

# My Personal Wellness Wheel



Resilient Futures, Inc.

Adapted from Clarion University. (n.d.). *Wellness wheel*. Retrieved from <http://www.clarion.edu/student-life/health-fitness-and-wellness/office-of-health-promotions/wellness-wheel.html>; Olga Phoenix Project: Healing for Social Change. (2013). *Self-care wheel*. Retrieved from <https://www.olgaphoenix.com>.

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