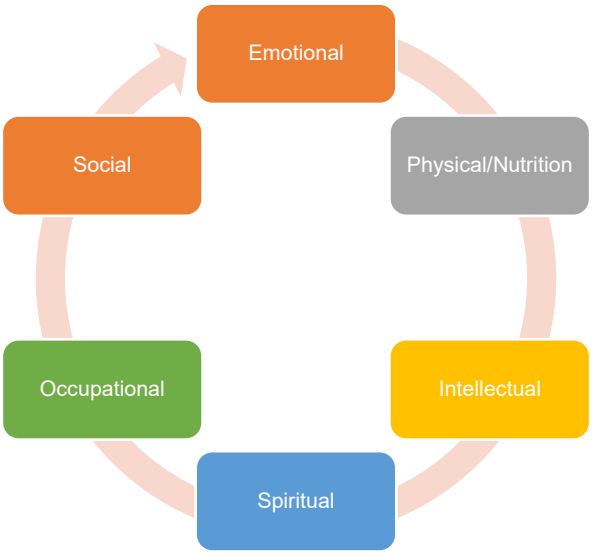
TAMICKA MONSON
COUNSELING LLC

Who Is in Your Circle?



Source: Wellness Wheel by Bill Hettler

Write down people/resources for each category and utilize as needed.

Social	Emotional	Physical

Intellectual	Spiritual	Occupational