



HOW ARE YOU DOING?

Wheel of Wellness My Life Check

A quick way to see what is going well — and what could be better

This is your check-in. There are no right or wrong answers. Just pick the face or answer that feels right to you. It takes about 5 minutes, and your answers are private.

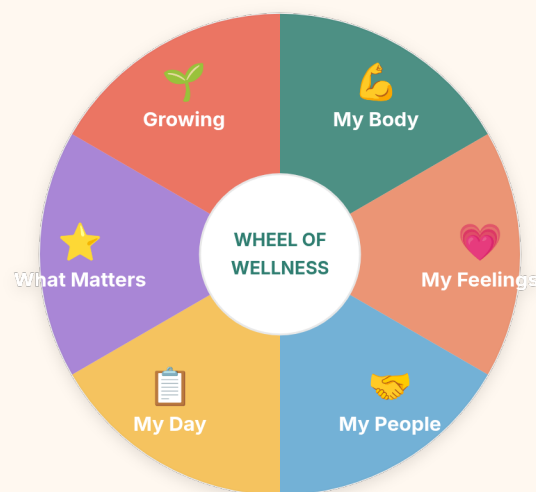
Based on tools that help people talk about what matters in their life.

⌚ Takes ~5 minutes

😊 Just pick how you feel

🔗 Links to help if you want it

🔒 Private and safe



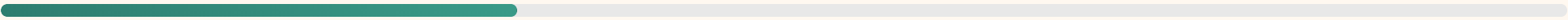
Start My Check



Your Life Check

Question 4 of 12

END OF 4



- My Body
- My Feelings
- My People
- My Day
- What Matters
- Growing



✓ All Done!

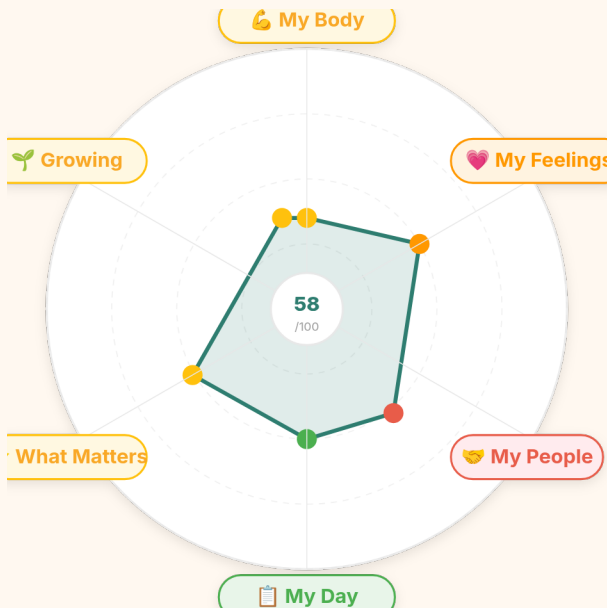
Your Life Snapshot

Here is a picture of how you are doing. The areas with lower scores show where you might want more support.

HOW YOU ARE DOING OVERALL

58 / 100

Some things are going well. A few things could be better — and that is okay.



My Body

Could Be Better

Score: 55/100

You feel okay about your health. A small change could make it even better.



My Feelings

Could Be Better

Score: 40/100

You are okay but not as happy as you could be. Support can help.



My People

Let's Work On It

Score: 25/100

Finding people who get you can make a big difference in how you feel.



My Day

Keep It Up!

Score: 80/100

You have good support for daily life. That is a real strength!



What Matters

Could Be Better

Score: 50/100

You have some things that matter to you. Building on those can help.



Growing

Could Be Better

Score: 50/100

Learning and trying new things may be on hold. What would you like to try?



Finding Your People

Your People score shows you may feel cut off. Many people feel this way — and there are real ways to find your people.

→ Being around people who get you can make life feel a lot better.



Groups Near You

Find groups where people share interests and do fun things together. Many meet in person or online.

Local Groups

[Learn More →](#)



Arts & Fun Programs

Join art, music, dance, or other creative programs. A great way to meet people while doing something you enjoy.

Programs

[Learn More →](#)



Peer Mentors

Get matched with someone who gets what you are going through. They can listen, share ideas, and be a friend.

Mentoring

[Learn More →](#)



Fun Events Near You

Find local events, classes, and meetups where you can have fun and meet new people.

Events

[Learn More →](#)



Talk to Someone Who Gets It

Our trained peer mentors are here to listen, share ideas, and help you find your way — at no cost.

[Get Connected →](#)



Download Results (PDF)



Share with Your Team



Save to My Vault



Take It Again Later