



HOW WELL AM I?

In each direction, write down two things in each of the center quadrants that you currently do well and in the outer circle write down two things you would like to do better. A few examples are provided in each quadrant, you can write down other examples as well.

The diagram consists of two concentric circles. A vertical line and a horizontal line intersect at the center, dividing the space between the two circles into four quadrants. The labels for the quadrants are placed on the outer circle's edge:

- EMOTIONAL (top-left quadrant)
- SPIRITUAL (top-right quadrant)
- MENTAL (bottom-left quadrant)
- PHYSICAL (bottom-right quadrant)



HOW WELL AM I?

EXAMPLES FOR EACH QUADRANT

EMOTIONAL

I am OK with crying
Laugh more
Talk to Someone
Journal

Understand my emotions
Respond in a mature way
Don't engage in social media drama
I don't use my emotions to manipulate others

SPIRITUAL

Pray everyday
I am a gift
Learn my language/culture
Like myself

I believe in the Creator
I am connected to the land
I am proud of my people
I uplift others

MENTAL

Read more
See myself in the future
Make good decisions
Bead, paint, weave, craft

Learn from my mistakes
I hang out with positive people
I take healthy risks
I focus on gratitude

PHYSICAL

Quit smoking
Drink more water
Exercise more
Play less video games

Get more sleep each night
Play traditional games
Dance
Eat healthy meals