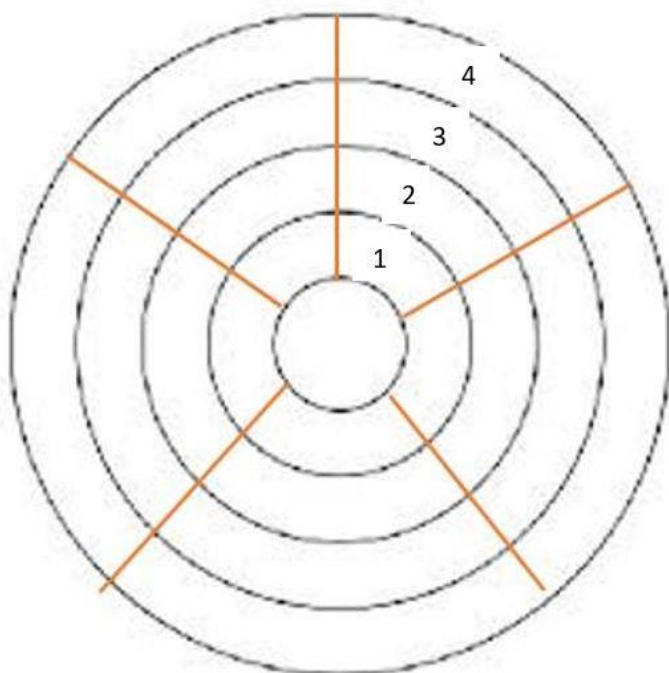


Resiliency Wheel



Give each segment an area of your life (school, family, friends, health) and shade in the number of sections which represent how happy you are in that area from 1 – 4 (4 is high)

This will identify the areas which are working well and where support is needed.

It also demonstrates that not everything is going wrong and life is better than it may feel.

Use the following table and discuss the following questions

Where is there a need for action or change?
 What support is needed?
 Where can I get that help from?

Area	What works well?	What doesn't work well?	What do I need to do?