

# Wellness Wheel

To assess your wellness, rate yourself on each of the seven dimensions, using a 0-100% rating scale. Consider the elements mentioned in our blog article, Understanding the Seven Dimensions of Wellness found at <http://lifecarechiropracticandwellness.com/blog/seven-dimensions-of-wellness>.



Note: the Seven Dimensions of Wellness and Wellness Wheel was originally developed by Dr. Bill Hettler in 1976.