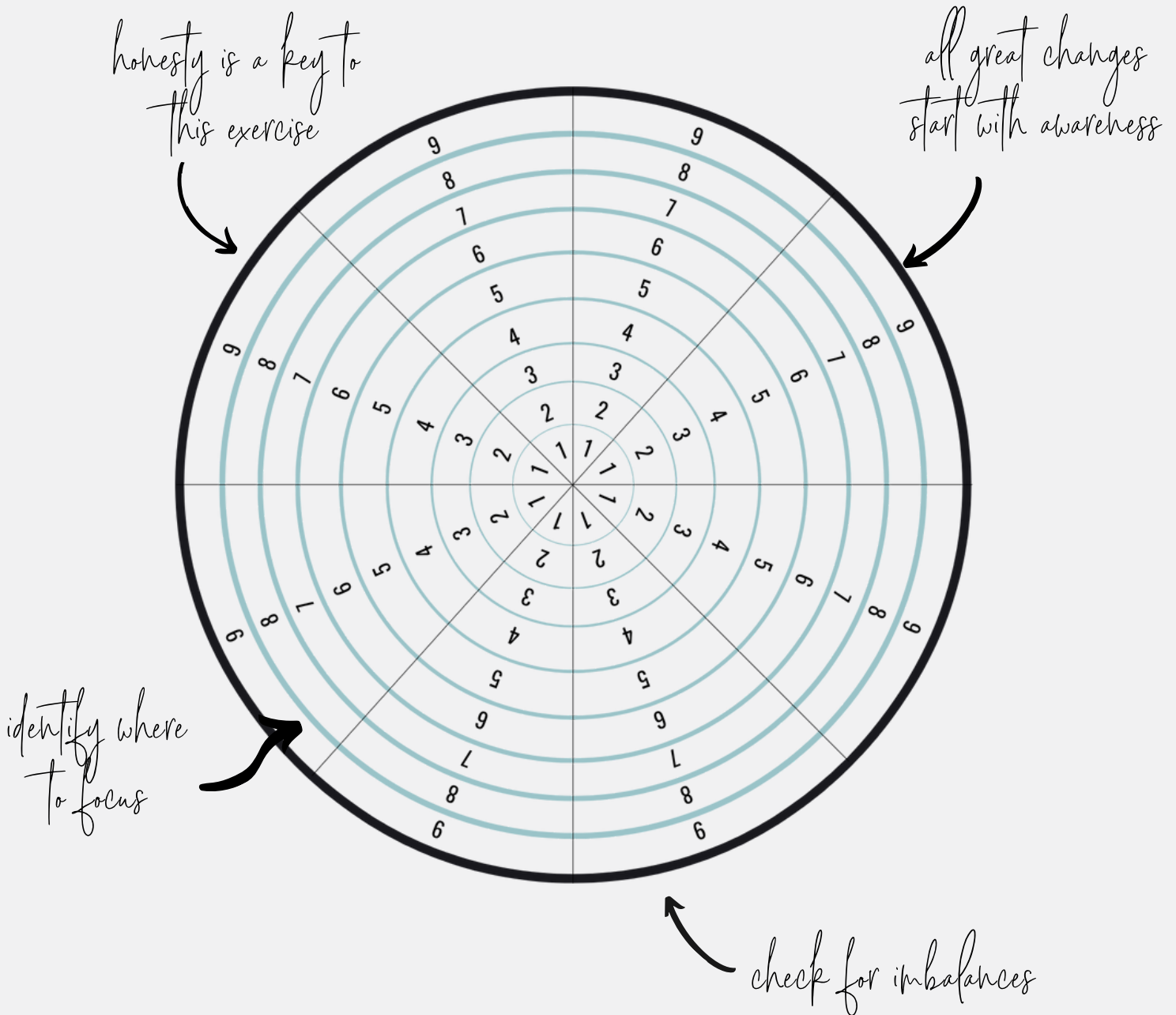


Cattail Life Holistic Wheel[®] Check-in

Evaluate each section through the lens of My Cattail Club's 5 Pillar Framework[®] and place a dot on the number to designate how well you believe you are doing with the corresponding area of your health. A dot placed closer to the center (1, 2, 3) indicates lots of room for improvement, while a dot placed more toward the outer rings (6, 7, 8) indicates close-to-optimal wellness in that area. Connect the dots to see a clear visual of imbalances so that you can determine where to focus your time and energy to create more balance, holistically, along your journey.

Consider making copies of the next page to track your progress in the months ahead.



Cattail Life Holistic Wheel[©] Check-in

Evaluate each section through the lens of all 5 Pillars.

Example: SLEEP section

Am I aware of my sleep habits and patterns?
Am I taking action to improve my sleep environment holistically & naturally? Am I realistically setting myself up for success? Do I enjoy my sleep environment? Am I choosing a mindset that it can and will get better?

My Cattail Club's 5 Pillar Framework:

1. Increase Awareness
2. Natural & Holistic approaches & solutions
3. Realistic & Doable
4. Enjoyment - Fun & Delight
5. Hope - Choosing Hope & Growth

