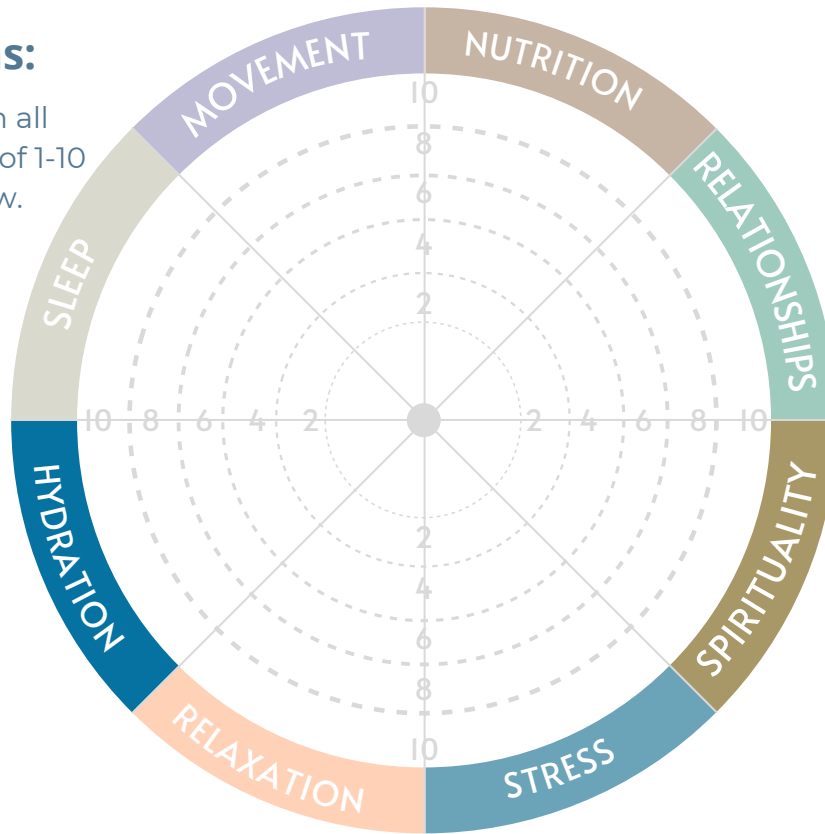


THE SELF ASSESSMENT WHEEL

Instructions:

Grade yourself in all areas on a scale of 1-10 as detailed below.



Place a dot in the relevant 'pie' for each area to record your level of satisfaction.

You will quickly see what areas need additional focus and attention.

Nutrition - How confident are you in your nutrition knowledge in terms of how to fuel your body to recover and rebuild during treatment or after cancer and how to eat to help prevent a recurrence? How well are you eating? (1 not confident at all - 10 extremely confident)

Relationships - How well are your relationships serving you? Relationships include general community, personal relationships (family, friends partners), professional relationships? (1 extremely well - 10 not well at all)

Spirituality - Do you regularly participate in spiritual practices? Spirituality involves encouraging the place within yourself where your soul can find a sense of peace.. ie. prayer, meditation, breath work, spending time in nature etc) (1 often - 10 never)

Stress - How do you feel you are managing and/or reducing stress in your life? (1 not well - 10 extremely well)

Relaxation - Do you incorporate relaxation (whatever that means to you) in your life? (1 daily - 10 never)

Hydration - Do you get a minimum of 2 litres (67 fl. oz) of water per day? (1 not usually - 10 yes, most days)

Sleep - Do you regularly get between 7-10 uninterrupted hours of sleep a night? (1 never - 10 often)

Movement - Do you move your body most days (at least 3 x/week) for at least 30 minutes? Movement can be walking, yoga, pilates or more traditional forms of exercise. (1 - never - 10 usually)