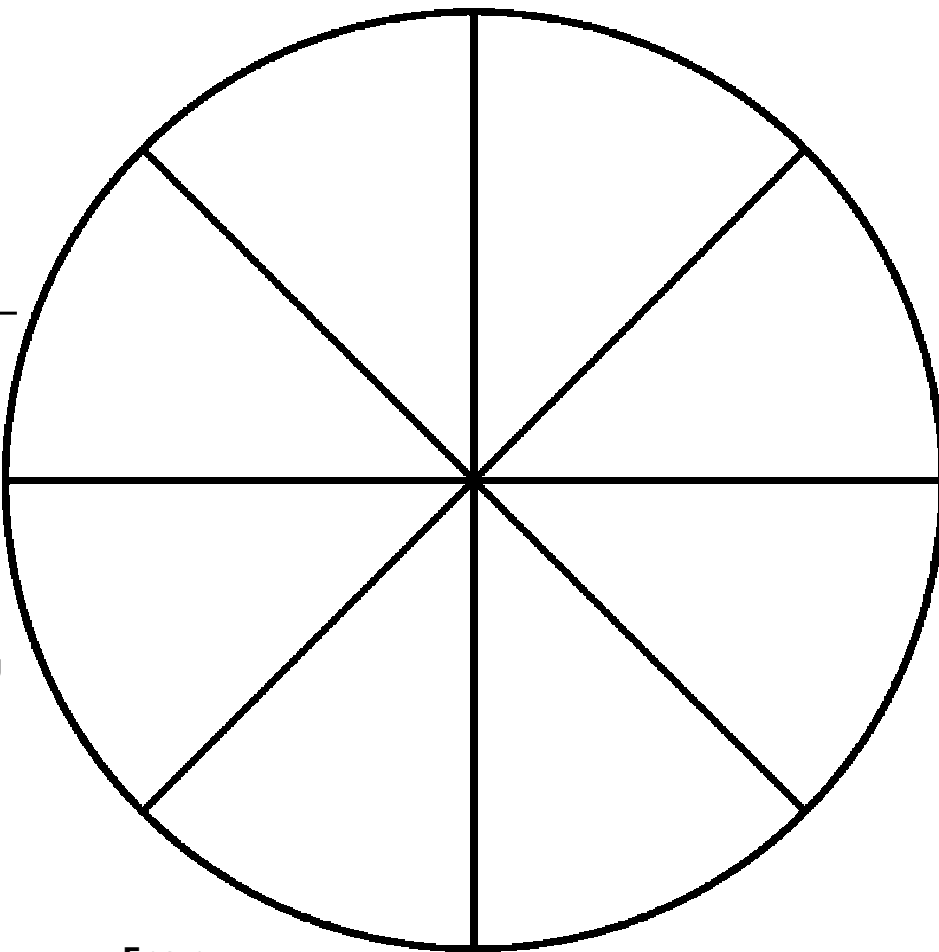


Winter Blues Wheel®

The Winter Blues Coach

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Sleep Length__ Social Activity__



Afternoon Energy Low __ General Mood, Sense of Well-Being __

Waking up__ Weight gain__

Energy__ Appetite & Cravings __

Instructions

Decide how you feel in these areas of your life during an average fall and winter on a scale from 0 to 10, with 0 being the center point of the wheel and 10 being the outer rim of the wheel. Ten is "Couldn't be better!" and 0 is "Horrible!" Write the number next to each category. Then go around and draw a line representing that number in each section.

Example

