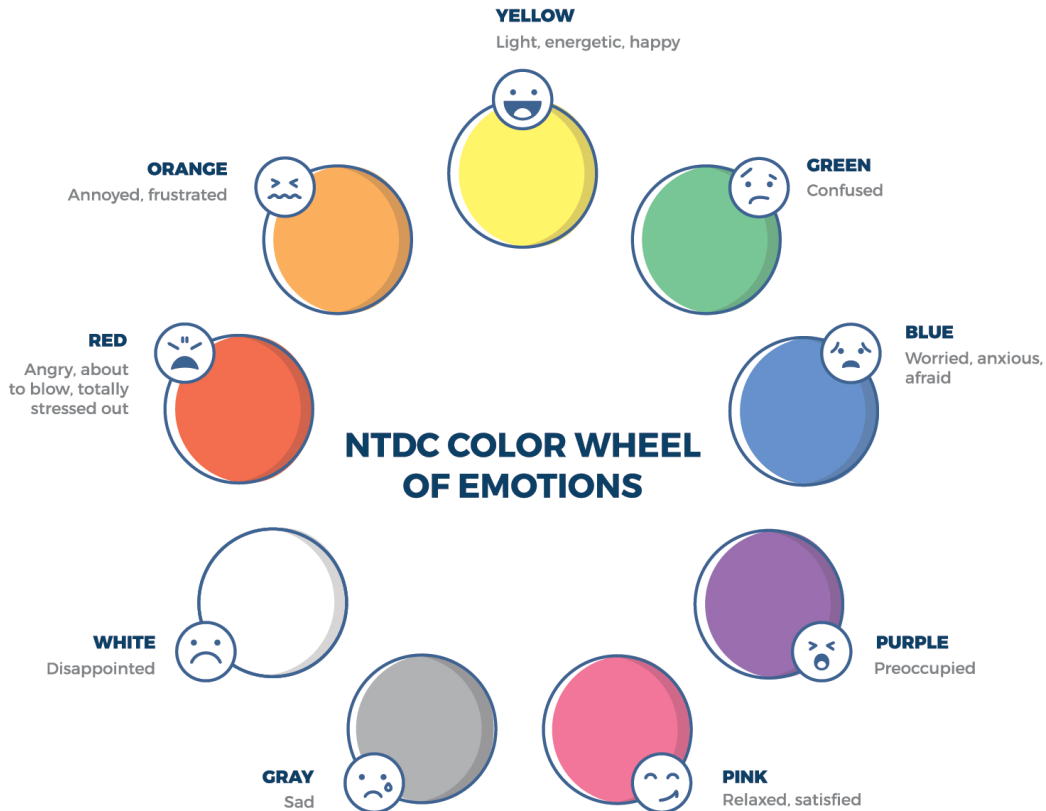


# COLOR WHEEL EXERCISE

Take a few minutes for a self-check. Draw circles around any colors/feelings that you are experiencing right now.



Thinking about what color(s) you feel like today, what might be causing you stress and/or what are you finding supportive?

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What stressors or supports might you be able to shift to create more balance for yourself?

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