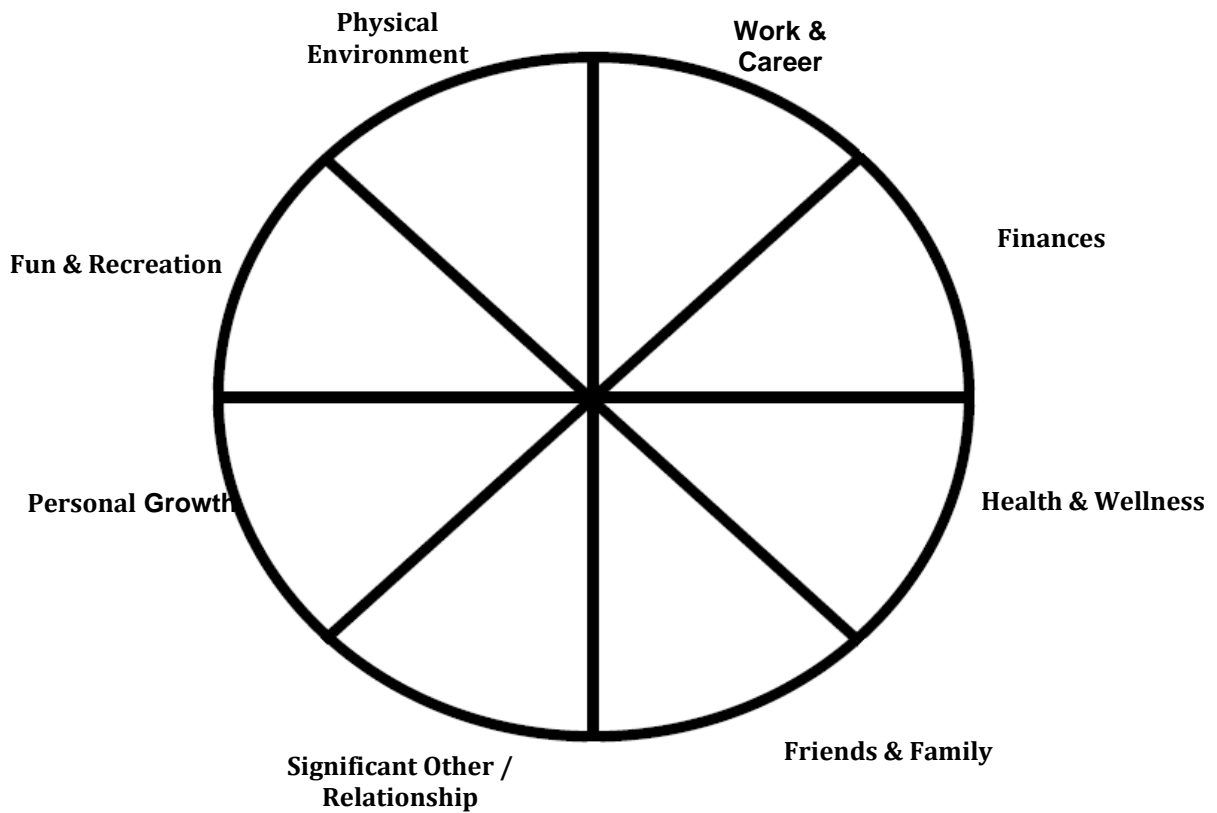


# The Wheel of “Stuckness” – and Getting Out of It

## The WILD Wheel:



## The BRAVE Box:

	<b>Physical Environment</b>
	<b>Work &amp; Relationships</b>
	<b>Fun &amp; Recreation</b>
	<b>Finances</b>
	<b>Personal Growth</b>
	<b>Health &amp; Wellness</b>
	<b>Significant Other</b>
	<b>Family &amp; Friends</b>