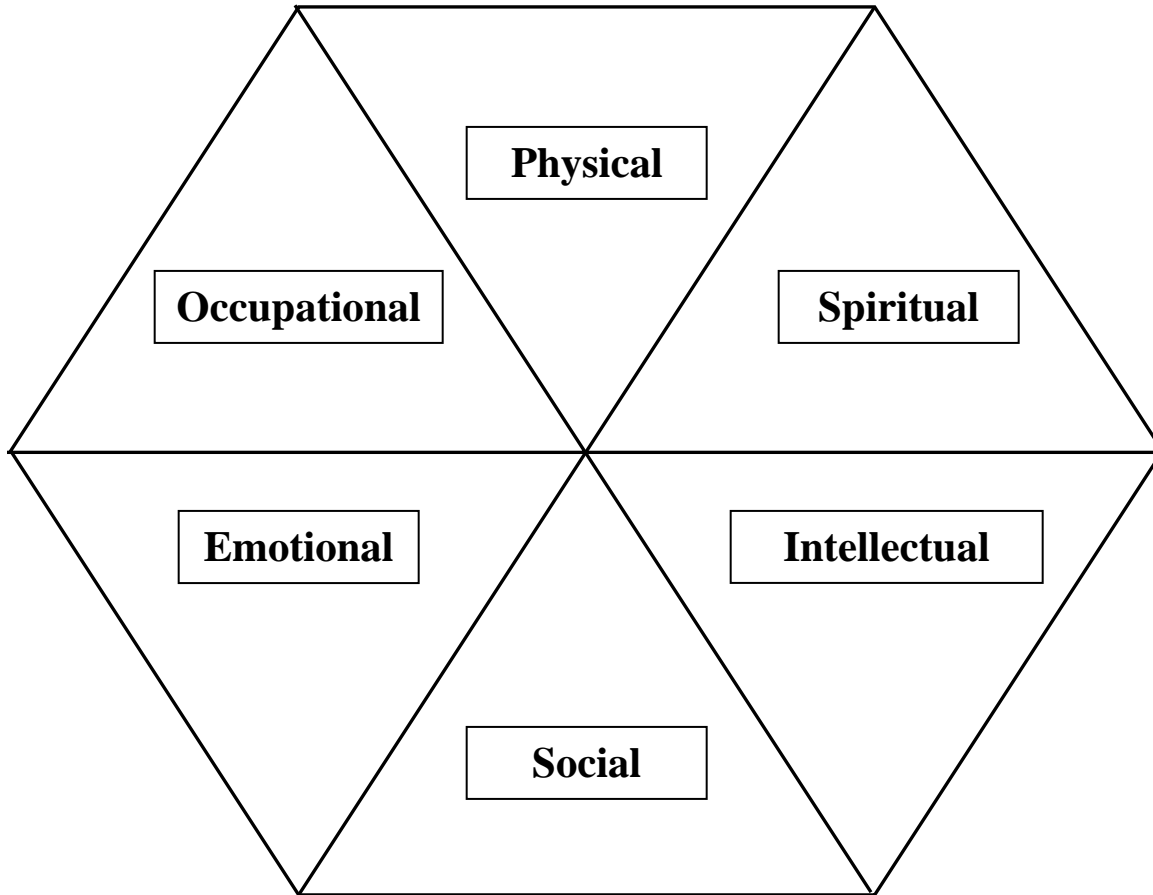


**Life Without Training Wheels:**  
**Balance Yourself/Balance Your Chapter**  
Beta Nu Chi Chapter  
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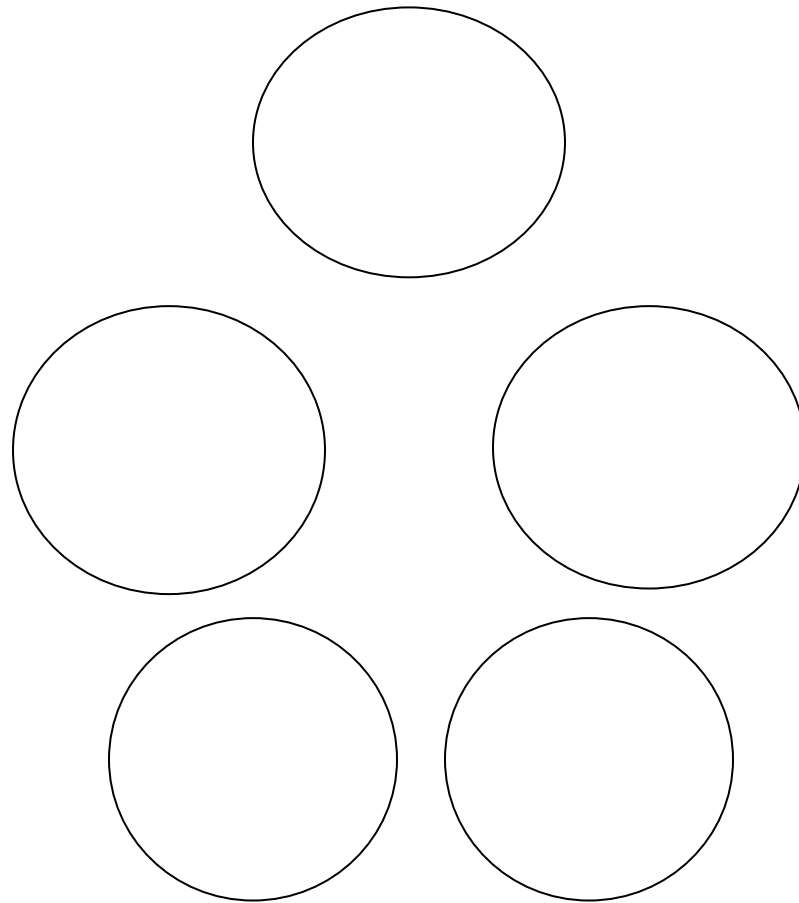
Dan Rooney, co-advisor, [rooneyd@westerntc.edu](mailto:rooneyd@westerntc.edu)



# 6 Dimensions of Wellness

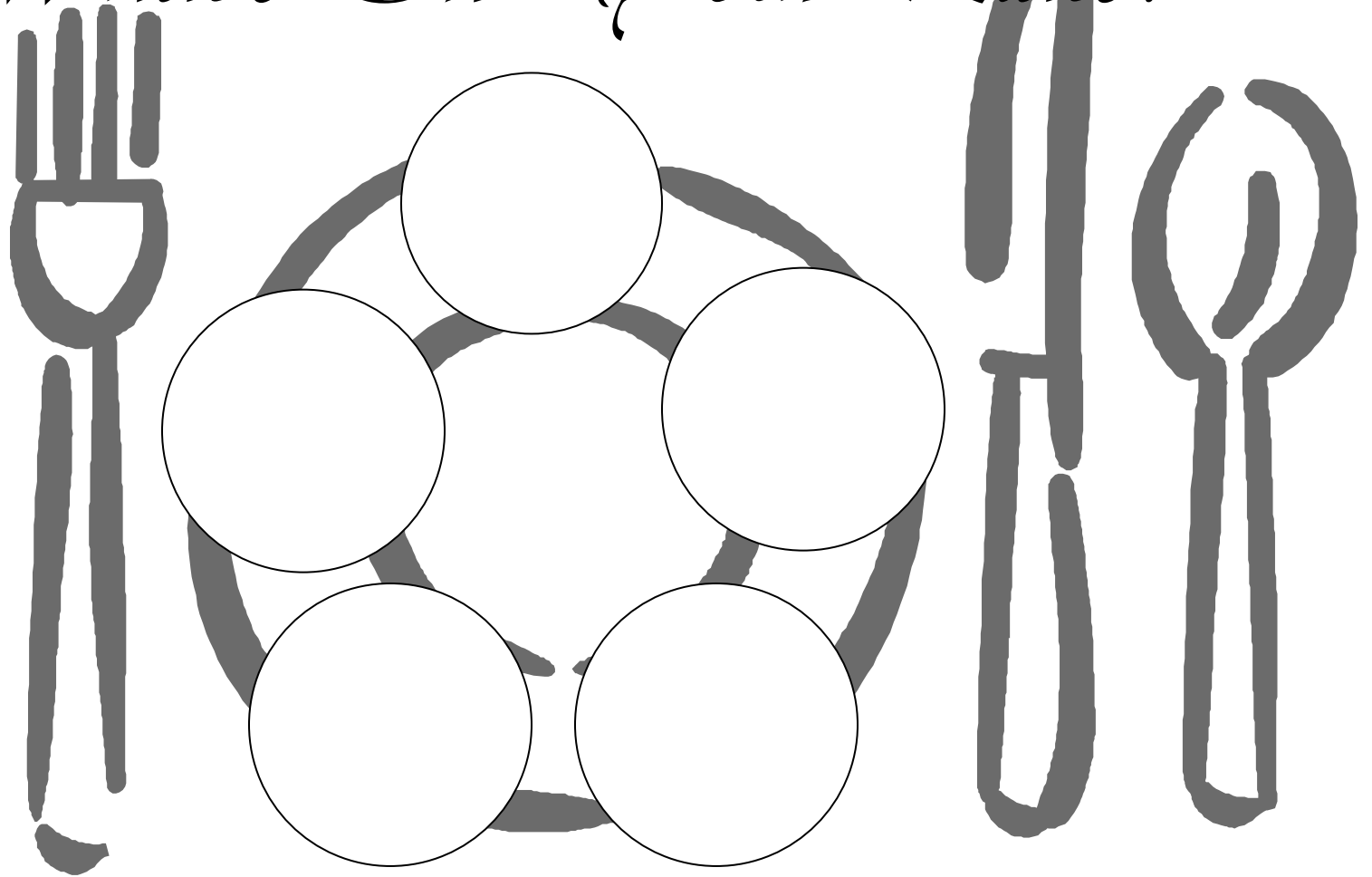
Hettler, Bill Dr. "The Six Dimensional Wellness Model." National Wellness Institute. 31 Mar. 2008.  
[http://www.nationalwellness.org/index.php?id=391&id\\_tier=381](http://www.nationalwellness.org/index.php?id=391&id_tier=381)

# *Things that You Value*

Five empty circles are arranged in a pentagonal pattern. One circle is at the top, two are in the middle row, and two are at the bottom row. These circles are intended for the user to write down five things they value most.

*List five things that you value most. Choose five totally separate things.  
(For instance, don't write spouse and four kids as five different values; list*

# *What's On Your Plate?*



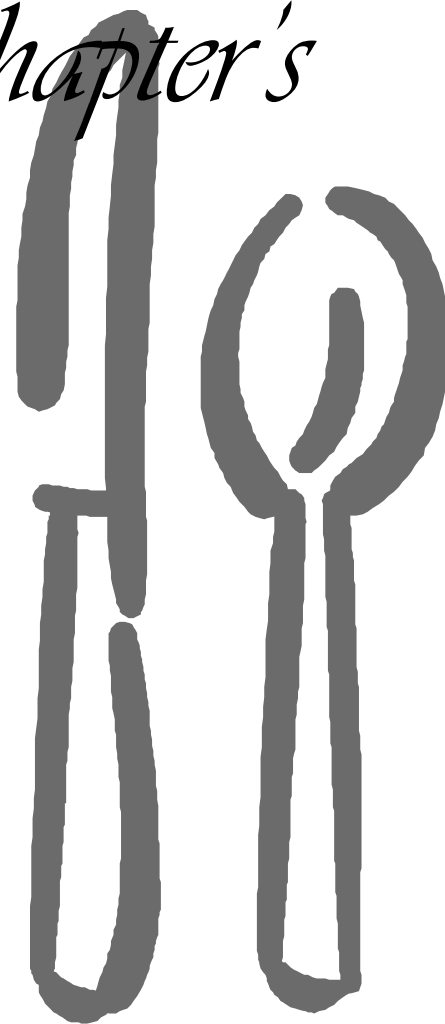
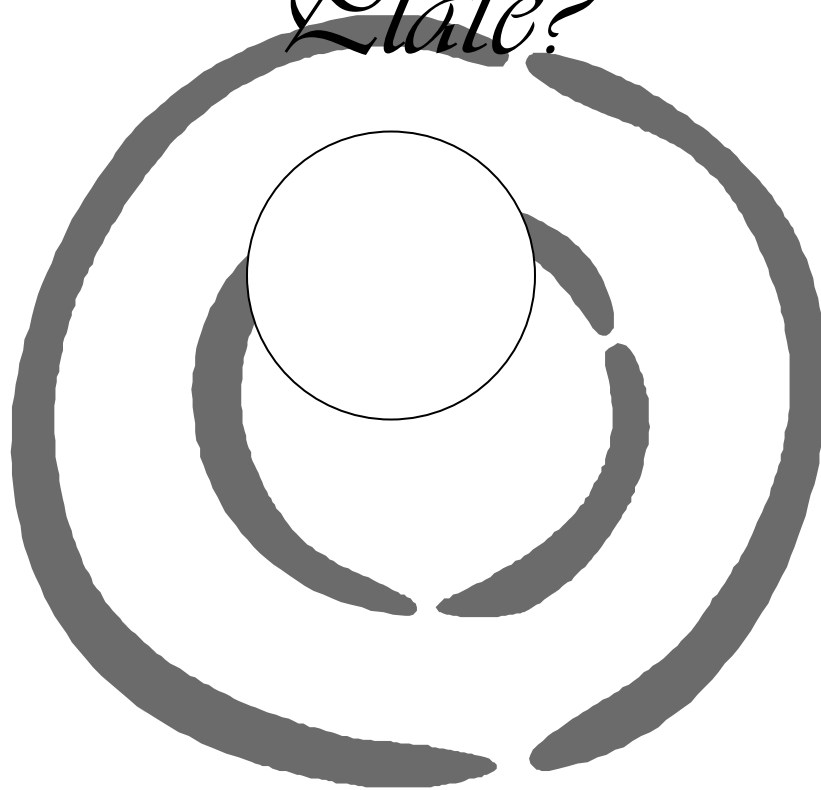
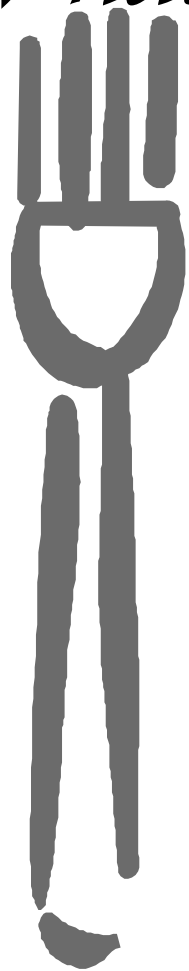
*List the five things that occupy most of your time.*

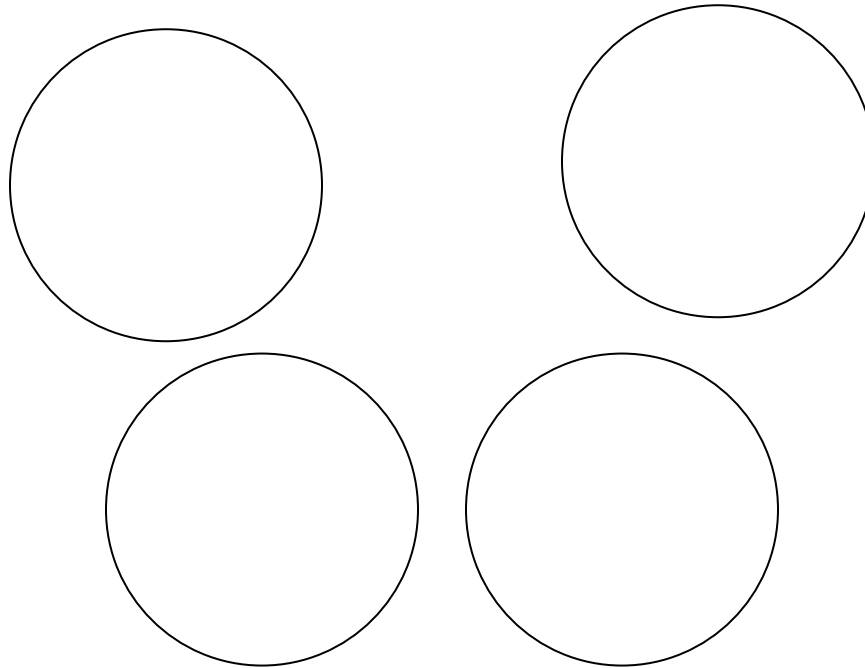
# *Things that Your Chapter Values*

A diagram consisting of five empty circles arranged in a pyramid shape. The top row has one circle. The middle row has two circles. The bottom row has two circles.

*List five things that your chapter values most*

*What's On Your Chapter's  
Plate?*





*List the five things that occupy most of your chapter's time.*