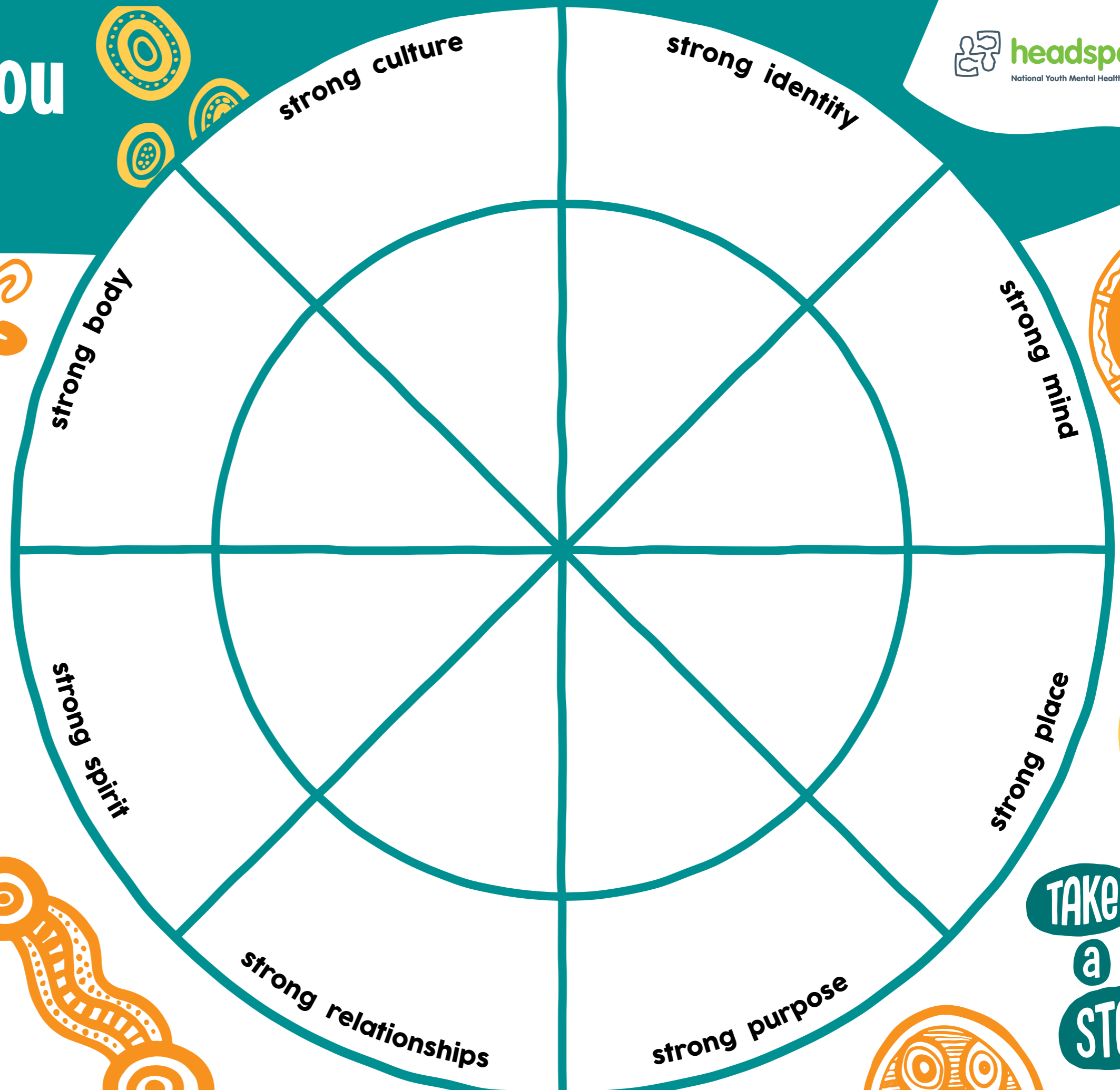


# Stronger You Wheel



## Instructions

1. In the inner circle, list the things you currently do to stay strong in each segment. E.g., dancing for strong body.
2. In the outer circle, list what you could do more of or things that could help you to feel strong. E.g., eating fresh food, bush tucker or kai kai for a strong body.
3. Optional: in another colour, write down the stuff that gets in the way of you doing these things.

[headspace.org.au/takeastep](https://headspace.org.au/takeastep)



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*This resource has been developed in partnership with the headspace Aboriginal and Torres Strait Islander Youth Reference Group (Womenjeka Reference Group), Marumali Consultations, the headspace National Aboriginal and Torres Strait Islander Advisory Group and headspace National.*

*Gee, G., Dudgeon, P., Schultz, C., Hart, A., & Kerrie, K. (2014). Aboriginal and Torres Strait Islander Social and Emotional Wellbeing. In P. Dudgeon., H. Milroy, & R. Walker (Eds.), Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice (2nd Ed.) (pp. 55-68). Canberra: Commonwealth of Australia.*

**TAKE  
a  
STEP**