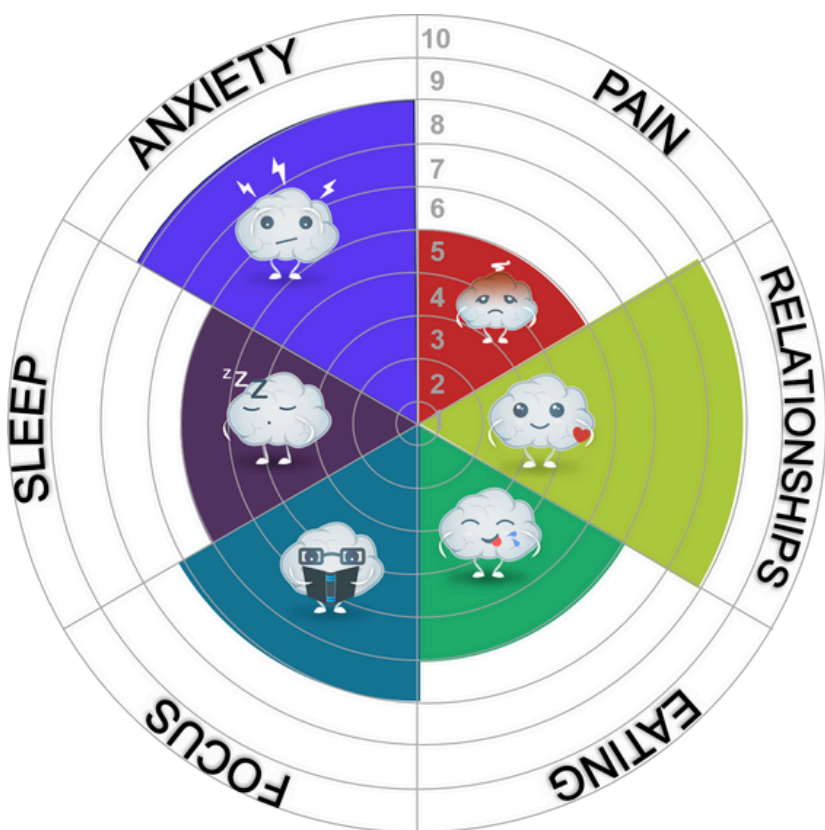


THE WEMIND WHEEL

Fill out the WeMind Wheel, assess the main areas of your mental and emotional health, and discover how modules created based on Mindfulness, Hypnosis, and cognitive techniques can transform your mind by practicing for just a few minutes a day.



WeMind is your companion on your mental wellness journey. Let's get started?



WHAT IS THE WEMIND WHEEL?

The WeMind Wheel is a practical tool to help you reflect on how you are currently doing in different areas of your life related to well-being. This exercise allows you to easily visualize the balance between mental, emotional, and physical health, highlighting where you are already doing well and where you can focus more energy to improve.

How does it work?

Step 1: Evaluate each area (Anxiety and Stress, Sleep, Focus, Nutrition, Relationships, and Chronic Pain) by **answering 2 questions** per topic on a **scale of 1 to 5**, where: 1 very dissatisfied, 2 dissatisfied, 3 indifferent, 4 satisfied, and 5 very satisfied. Read the questions carefully and think about how you currently feel.

Step 2: Add up the points for each topic.

Step 3: Mark the result on your WeMind Wheel and see which areas need more attention.

Step 4: Evaluate each area according to the classification:

2-3: Very unsatisfactory or problematic.

4-6: Reasonable (the area partially meets the requirements, but needs attention).

7-8: Good, but it can still be improved.

9-10: Very satisfactory area, well balanced and as expected.

Choose your next module in the app based on your score. The area with the lowest score should be your priority, and we recommend starting with it after completing the Fundamentals cycle.

- **Tip 1:** There is no right or wrong! Be honest with yourself and use this tool as a starting point to choose the next modules.
- **Tip 2:** Repeat this exercise every 6 months to monitor changes in each of these aspects of your life.

Example

☀ Theme 1: Anxiety and Stress

How satisfied are you with (1-5):

Your ability to cope with stress in your daily life? **2**

How do you manage your anxiety when it arises? **2**

Your final score: $2+2 = 4$



EVALUATION BY TOPIC

Anxiety



How satisfied are you with:

1. Your ability to cope with stress in your daily life?
2. How do you manage your anxiety when it arises?

Your final score: ____ + ____ = ____

Sleep



How satisfied are you with:

1. The quality of your sleep currently?
2. Your ability to relax before bed?

Your final score: ____ + ____ = ____

Focus



How satisfied are you with:

1. Your concentration on your daily activities?
2. How productive are you on tasks you consider important?

Your final score: ____ + ____ = ____



EVALUATION BY TOPIC

Eating



How satisfied are you with:

1. The balance and nutritional quality of your diet?
2. Your emotional relationship with food (feelings of guilt, sadness, joy, etc.)?

Your final score: ____ + ____ = ____

Relationships



How satisfied are you with:

1. The quality of your personal relationships (friendships, family, professional, or romantic)?
2. How you communicate and resolve conflicts in your relationships?

Your final score: ____ + ____ = ____

Chronic Pain (optional)



How satisfied are you with:

1. Your ability to cope with physical pain in your daily life?
2. The impact of pain on your mood and on performing your daily activities?

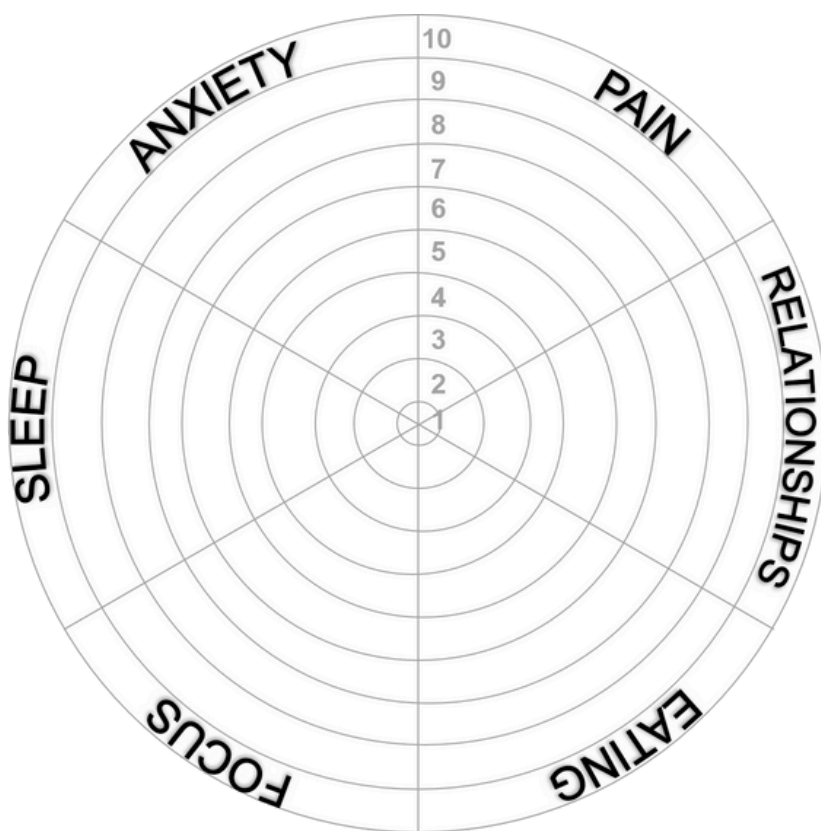
Your final score: ____ + ____ = ____



YOUR WEMIND WHEEL

Transfer your scores to the chart below and connect the dots to visualize the areas of balance and imbalance in your life.

Anxiety	Sleep	Focus	Eating	Relationships	Chronic Pain



Congratulations on completing the WeMind Wheel!



ANALYSIS

Now you have a clear map of the areas of your health that need more attention. With this information, here are the next steps on your wellness journey:

1. Complete the Fundamentals Module:

Start with the Fundamentals of Mindfulness and discover how a few minutes of practice a day can increase your emotional balance and provide mental well-being.

2. Choose a WeMind Module:

Anxiety



Reduce your anxiety with Mindfulness, Hypnosis, and Tapping techniques.

Sleep



Fall asleep faster and wake up rested with relaxation techniques, meditation, and sleep hygiene.

Focus



Discover how to increase your productivity with mindfulness and visualization exercises.

Eating



Improve your relationship with food and find emotional balance with Mindful Eating.

Relationships



Strengthen your connections with empathy and communication exercises.

Chronic Pain (optional)



Manage symptoms of physical pain using mindfulness practices and deep relaxation.



NEXT STEPS AT WEMIND

3. Continue

And so on, choose a next module based on the score. You should repeat the modules as many times as necessary to feel the results.



**No matter your current situation, you can start taking care of your mind and finding the balance you desire today.
We're with you on this journey!**

WeMind Team

