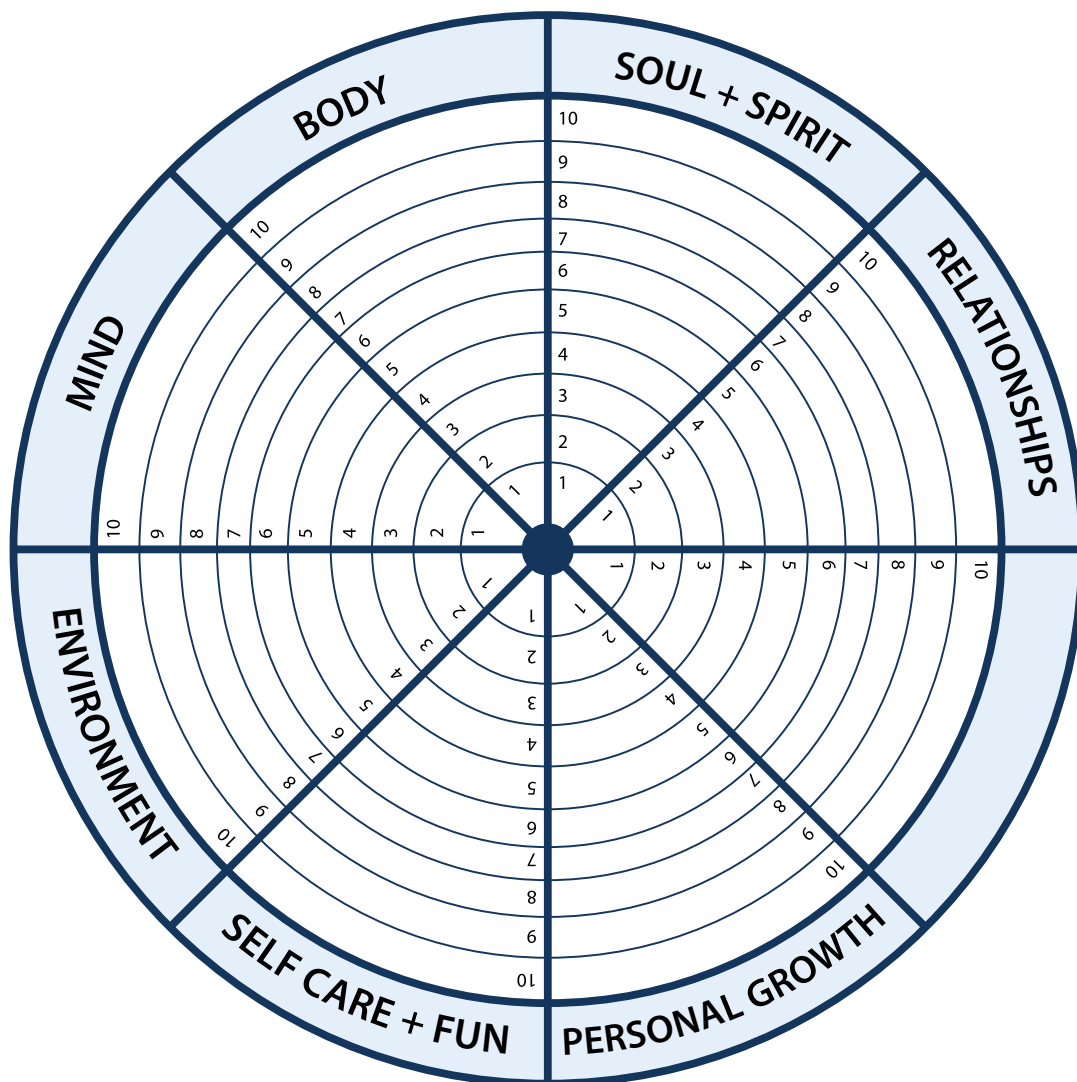


WHEEL OF WELLNESS

Before you create your wellness vision, it can be helpful to identify your current reality across several different domains of wellness. One way to do so is by using a wheel model. As you reflect on each area, rate and shade your level of satisfaction, with 1 = not satisfied and 10 = satisfied. Feel free to customize the dimensions entirely, or simply fill in an additional category in the blank space to reflect what you believe is vital to your overall well-being. Afterward, look at your shaded areas and imagine they are the outer rim of a wheel. How well does your wheel roll?

This exercise brings awareness to where you currently are and highlights the areas of wellness that could use more balance or improvement.



QUESTIONS TO HELP GUIDE YOU TO DISCOVER YOUR CURRENT REALITY

Think about the following areas of your life as you rate your level of satisfaction across these domains.

MIND:

- » What is your emotional and mental landscape like?
- » What are some of the phrases or messages going through your mind during the day?
- » Are these thoughts primarily positive or not so positive (self-debasing; critical)?
- » How often does gratitude weigh into your headspace?

BODY:

- » What do you think and feel about your body, and how happy are you with your physical health and well-being?
- » How are you nourishing and hydrating your body?
- » How often are you moving throughout the day, and how many hours of sleep are you getting?
- » Where are your stress levels sitting?

SOUL + SPIRIT:

- » What spiritual practices are a part of your daily rhythms and routines, and what about them do you value?
- » What is your connection with your Creator like?
- » Do you feel gratitude daily?
- » Do you find meaning in life even during challenging times?



RELATIONSHIPS:

- » Are your relational dynamics loving and supportive?
- » Is there balance in your personal and professional life?
- » Do you have the ability to say no comfortably?
- » How do your relationships affect your overall well-being?

ENVIRONMENT:

- » How satisfied are you with the home, neighborhood, workplace, and surrounding landscape/environment where you live?
- » Do your surroundings contribute to your quality of life or challenge it?

SELF-CARE + FUN:

- » Are you intentional about carving out time to care for yourself?
- » What do you do for enjoyment and to have fun?
- » How often do you make time for self-care, play, and productive-free moments?

PERSONAL GROWTH + PROGRESS:

- » Are you headed in the right direction of where you want to be?
- » What propels you forward or prevents you from staying on track?
- » Do you have a vision for your future?



WRITE DOWN THE TOP AREA YOU WOULD LIKE TO SEE CHANGE

On a scale of 1-10 (1 = the least, 10 = the most), how motivated are you to change or work on this area of your life?

What are the obstacles that stand in your way?

What is one small action you can take this week to move forward?

