

My Wellness Wheel Activity

1. On a scale from 1 to 10 (1 = least content; and 10 = most content), rate each statement. Then tally the approximate average at the bottom of each wellness dimension. No need to calculate the exact average. Also, approach this activity with nonjudgmental curiosity. Be kind to yourself and skip any self-criticism.

Emotional Dimension

- | | Score |
|--|-------|
| 1. I effectively manage my stress (walk, talk, relax, breath) | _____ |
| 2. I can cope with challenges and disappointments | _____ |
| 3. I can adapt to change | _____ |
| 4. I am able to forgive myself and others | _____ |
| 5. I acknowledge my emotions and manage them appropriately (consider your actions and food or alcohol consumption) | _____ |
| Average | _____ |

Environmental (Spatial) Dimension

- | | |
|--|-------|
| 1. My home and work environments are clean and pleasant | _____ |
| 2. My home and work environments are organized or clutter free | _____ |
| 3. I find awe in nature and spend time outdoors | _____ |
| 4. I recycle materials and conserve energy | _____ |
| 5. I am aware of the risks in my surroundings | _____ |
| Average | _____ |

Financial Dimension

- | | |
|--|-------|
| 1. I live within my financial means | _____ |
| 2. I am satisfied with my current financial situation | _____ |
| 3. I appropriately manage my debt | _____ |
| 4. I manage my finances for the short and long term | _____ |
| 5. I have a plan for my financial security during retirement | _____ |
| Average | _____ |

Intellectual Dimension

- | | |
|---|-------|
| 1. I find ways to expand my skills or knowledge | _____ |
| 2. I am open to ideas that may challenge my beliefs | _____ |
| 3. I engage in creative activities | _____ |
| 4. I am curious and a lifelong learner | _____ |
| 5. I engage in mentally stimulating activities | _____ |
| Average | _____ |

Occupational Dimension

- | | Score |
|---|-------|
| 1. My work is fulfilling and enriching | _____ |
| 2. I maintain a good work/life balance that promotes health | _____ |
| 3. I feel that my work has significance | _____ |
| 4. I am effective and productive at work | _____ |
| 5. I enjoy my work or find ways to enjoy daily tasks | _____ |
| Average | _____ |

Physical Dimension

- | | |
|---|-------|
| 1. I get enough sleep for my age group (7-9 hours for ages 26-64) | _____ |
| 2. I let food be thy medicine (fruits, vegetables, lean meats, whole grains, healthy fats, drink plenty of water) | _____ |
| 3. I engage in physical activity every day (15-25 minutes) | _____ |
| 4. I drink alcohol in moderation and avoid tobacco and illicit drugs | _____ |
| 5. I get routine medical and dental checkups | _____ |
| Average | _____ |

Social Dimension

- | | |
|--|-------|
| 1. I have positive relationships (family, friends, mentors, coaches) | _____ |
| 2. I can reach out to my social network for support or guidance | _____ |
| 3. I engage regularly with family, friends, or community | _____ |
| 4. I can express myself appropriately in social situations | _____ |
| 5. I am supportive and maintain meaningful relationships | _____ |
| Average | _____ |

Spiritual Dimension

- | | |
|---|-------|
| 1. I pray or engage in self-care rituals (yoga, meditation) | _____ |
| 2. My values guide my thoughts and actions | _____ |
| 3. I am on a path to discover my inner truths | _____ |
| 4. I feel that I am in harmony with my surroundings | _____ |
| 5. My life has a sense of meaning and purpose | _____ |
| Average | _____ |

Your Wellness Wheel Activity

2. *On the wellness wheel diagram, place one dot in each dimension that reflects your average score.*
 - a. Place the dot closer toward the outside of the wheel if you are more content with that dimension. For example, your average score was a number between 7 and 10.
 - b. Place the dot closer toward the inside of the wheel if you are less content with that dimension. For example, your average score was a number between 1 and 3.
3. *Connect the dots.*
 - a. Remember that this is a snapshot of how content you are with each wellness dimension at the present moment. Life happens, your wheel will be bumpy, and that is OK. By looking at the wheel, you can determine if there are any dimensions that are in need of attention at this time.



Your Wellness Wheel Activity

Use this page for any notes and “aha” moments. What wellness dimensions are in need of care? What is one dimension that you would like to attend to first?

As I mention in the book “Break Free to Health and Vitality”, becoming aware or mindful of your wellness wheel is key. Realistically, all of your dots will not be at the outer edge in every dimension 365 days a year; it is a snapshot of your wellness at that very moment. Life happens, your wheel will be bumpy, and that’s okay! Our dimensions are interconnected, so just acknowledging or uplifting one dimension can affect one or more of the other dimensions. For example, appropriately managing negative emotions can positively impact challenges with eating and exercise. Always remember that you are the expert on your health, whole, complete, and deserve to live the best life possible. Here’s to your health and vitality. - *Michelle*