

# **WELLNESS WHEEL**

BY DANIELLE DINKELMAN  
NBC-HWC

**if DIETS  
DON'T WORK,  
WHAT DOES?**

Dear Reader,

Your health does not happen in a vacuum. It is important to consider the other dimensions of your life outside of physical health. Wellness is connected to multiple areas of our life: physical, financial, intellectual, emotional, social, and spiritual.

Here is a wonderful self-assessment tool that will help you visualize your current life balance and overall well being. My clients love this activity (especially the visual learners) because it gives such a clear picture of what is working well, and what may need attention in their life.

Simply read each statement and color in the corresponding slice of the wheel to the appropriate degree. For example, if you get a good night's rest 50% of the time, color up to the halfway point.

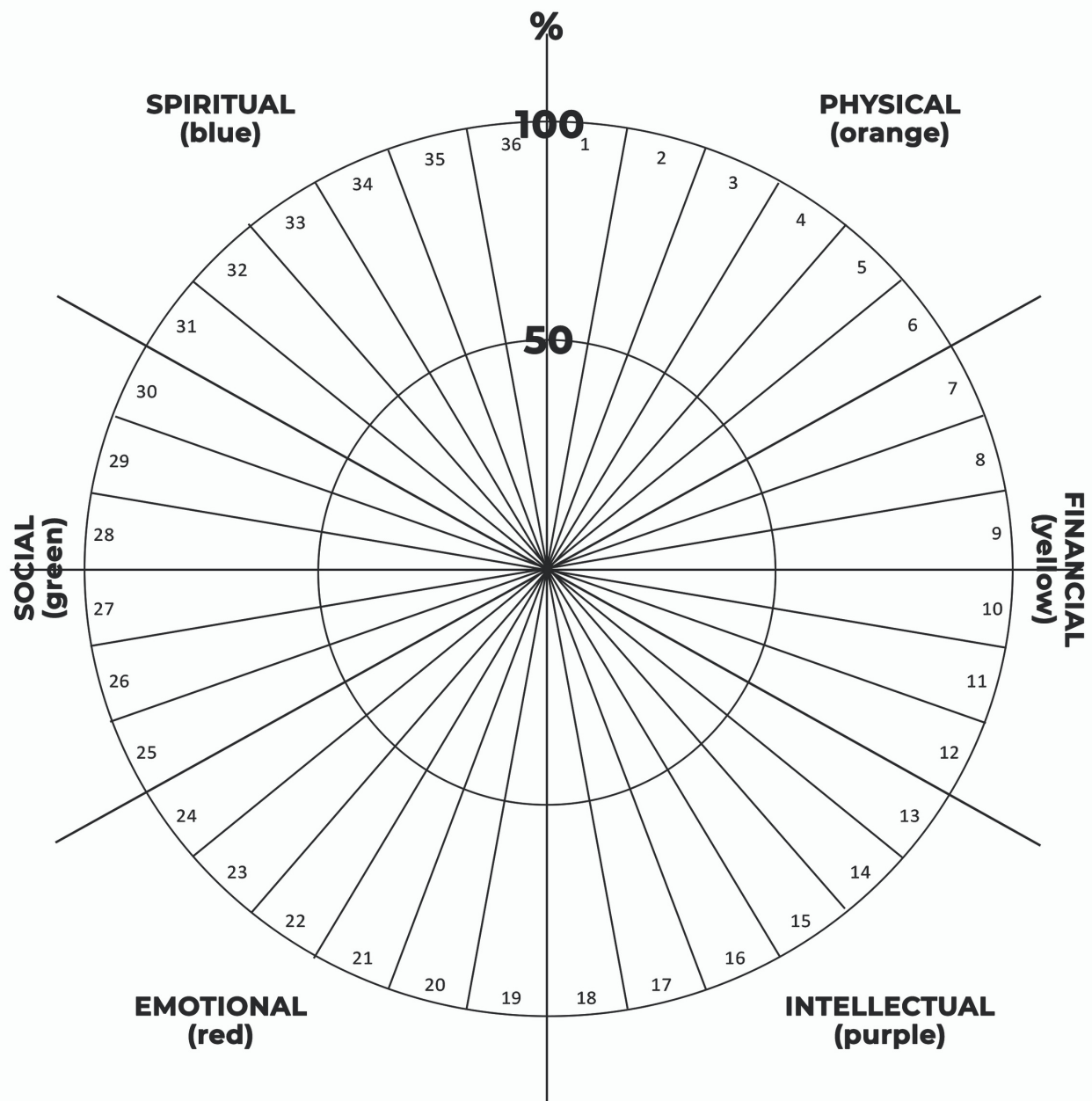
Please remember that this is simply a self-awareness tool. There is no right or wrong. Your wheel will be a source of feedback and can be very helpful in identifying where you would like to start in improving your life and your wellbeing to what you want it to be.

After answering the questions and coloring in your wheel, spend some time with the Reflection questions afterward. Just like our lives, a wheel will roll more smoothly when it is well balanced. The first step is recognizing what needs to be adjusted.

Have fun with this!

- Danielle

# WELLNESS WHEEL



*Adapted from R. Robertson & G. Microys, Life Balance Assessment and Action Planning Guide, 2001-2 and Lutheran Social Services of Michigan, Your Guide to the Wellness Wheel.*

## **Physical: Orange**

1. I eat a balanced, nutritional diet.
2. I exercise at least three times a week.
3. I take responsibility for my physical health.
4. I am generally free from illness.
5. I have annual check-ups and specific medical checks as prescribed.
6. If at all, I use tobacco, alcohol, or prescribed drugs responsibly and moderately.

## **Financial: Yellow**

7. I live within my means and take responsibility for my financial decisions.
8. My spending and saving habits reflect my values and beliefs.
9. I actively plan for periods in my life when I may not have income.
10. I pay bills on time and positively manage credit.
11. I balance present-day spending with saving for the future.
12. I have similar financial beliefs and practices as those with whom I am close.

## **Intellectual: Purple**

13. I enjoy learning new skills and information.
14. I have positive thoughts (low degree of negativity & cynicism).
15. I am generally satisfied with my vocation/major.
16. I commit time and energy to professional growth and self-development.
17. My work is stimulating, rewarding, and reflects my values.
18. I pursue mentally stimulating interests and hobbies.

## **Emotional: Red**

19. I have a sense of control in my life and am able to adapt to change.
20. I perceive "problems" as opportunities for growth.
21. I am able to comfort or console myself when I am troubled.
22. I have a sense of fun and can laugh at myself.
23. Others would describe me as emotionally stable.
24. I believe I am responsible for my feelings and how I express them.

## **Social: Green**

25. I have at least three people with whom I have a close, trusting relationship.
26. I am able to resolve conflicts in all areas of my life.
27. I have satisfying social interactions with others.
28. I am aware and able to set and respect my own and others' boundaries.
29. I am aware of the feelings of others and can respond appropriately.
30. I have a sense of belonging to a group or within organizations.

## **Spiritual: Blue**

31. I have a sense of meaning and purpose in my life.
32. I have a general sense of serenity.
33. I am happy with the beliefs I hold.
34. I practice prayer, meditation, or engage in some type of reflective growth.
35. Principles/ethics/morals provide guides for my life.
36. I trust others and am able to forgive others and myself.

# REFLECTION

**Which area has the most color?**

**Which area has the least color?**

**What surprised you about your wheel?**

**What would you like to change?**

**What investments in time, energy, or money could you make to bring more color to your wheel and more balance to your life.**