

the
ART OF
FLOURISHING

WELLBEING WHEEL

GET A ROUNDED UNDERSTANDING
OF YOUR OVERALL WELLBEING



The Flourishing Wellbeing Wheel



What is Wellbeing?

The concept of wellbeing is vital because it goes beyond mere physical health. It encapsulates our thoughts, feelings, and behaviors, impacting how we interact with the world around us. It influences our resilience, our ability to cope with the ups and downs of life, and our capacity to contribute to our community. Wellbeing, therefore, is not just personal; it's also about our connection with our environment, people, and society.

What is The Flourishing Wellbeing Wheel?

The Flourishing Wellbeing Wheel is a valuable self-assessment tool that can profoundly enhance your self-awareness and overall wellbeing. It's a tool designed to help you evaluate and reflect upon the various facets of your life.

Each segment of the wheel represents a different aspect of wellbeing - be it physical health, emotional balance, social connections, or spiritual fulfillment. By assessing these areas, you can gain insights into where you're thriving and what areas might need more attention and nurturing.

Understanding and working on your Wellbeing Wheel is a proactive step towards enhancing your quality of life. It encourages a holistic approach, ensuring that no area of your life is neglected in your personal growth journey. This tool is not just about identifying areas for improvement; it's also about recognizing and celebrating your strengths.

How to use the Flourishing Wellbeing Wheel



Step 1

Read the definitions and guiding questions on the Guiding Questions Worksheet for each dimension of wellness, carefully and mindfully considering each for yourself as you read.

Step 2

Answer the 10 assessment questions for each wellness category. Calculate your total for that dimension and then, shade in the corresponding section of the wheel up to the total points you've accumulated. This shaded area will represent your current score in each dimension of Wellness.

Step 3

After you have shaded in each dimension of the wheel take note of any imbalances, noticing the areas that are more full and flourishing as well the flatter areas that need some attention. Then complete the 2 reflections worksheets; firstly, the Flat Spot Reflection Worksheet and then secondly, the Full Spot Reflection Worksheet.

FLOURISHING WELLBEING WHEEL

Definitions & Guiding Questions



EMOTIONAL WELLNESS

Definition: An understanding, awareness, and acceptance of your own feelings and expressing emotions in a constructive way, and your ability to manage emotions effectively through challenges and change."

Guiding Questions

- Do I find it easy to express and communicate my emotions in positive and constructive ways?
- Do I adapt to change in a positive way?
- Am I able to make decisions with minimal stress or worry?
- When I am angry, do I try to let others know in non-confrontational or non-hurtful ways?
- Do I allow myself to feel uncomfortable emotions?
- If so, do I know how to deal with uncomfortable emotions in a healthy way?
- Am I in integrity with my actions and my words?
- Am I hopeful for the future?
- Do I feel capable and if not am I able to ask for support?
- Delayed gratification is a virtue I hold to easily?

Give yourself 1 point for each question you answered yes to and shade in the section of the wheel to that number for your current Emotional Wellness score.

 Emotional Wellness
 score

RELATIONAL WELLNESS

Definition: Ability to build and maintain a diversity of supportive relationships, and deal effectively with interpersonal conflict, develop a sense of connection, belonging, and have a well-developed support system.

Guiding Questions

- Do I communicate openly and honestly with my loved ones?
- Am I able to express my needs and feelings without fear and judgement?
- Do I feel valued and appreciated in my relationships?
- Do I resolve conflicts with others through healthy communication and compromise?
- Do I engage in regular meaningful activities or spend quality time with loved ones? Do I feel a sense of emotional support from my close relationships?
- Am I able to maintain a balance between giving and receiving in my relationships?
- Do I handle disagreements or differences of opinion without damaging the relationship?
- Are my relationships contributing positively to my overall well-being and happiness?

Give yourself 1 point for each question you answered yes to and shade in the section of the wheel to that number for your current Relational Wellness score.

 Relational Wellness
 score

SPIRITUAL WELLNESS

Definition: Spiritual wellness provides you with a profound sense of who you are, where you came from, where you're going giving one meaning based on personal values.

Guiding Questions

- Do I have a sense of purpose and meaning in my life?
- Do I engage regularly in practices that nurture my spiritual growth, such as meditation, prayer, or mindfulness?
- Am I connected to a belief system or philosophy that guides my values and actions?
- Am I able to find solace and strength during challenging times through my spiritual beliefs?
- Do I engage in activities that align with my spiritual values and bring me a sense of fulfillment?
- Are my actions congruent with my spiritual values and beliefs?
- Do I feel connected to something larger than myself? Do I have a relationship with God through Jesus?
- Am I able to forgive and practice compassion towards myself and others?
- Are my spiritual beliefs and values integrated into my daily life and interactions with others?

Give yourself 1 point for each question you answered yes to and shade in the section of the wheel to that number for your current Spiritual Wellness score.

Spiritual Wellness
score

PHYSICAL WELLNESS

Definition: When the individual consistently makes choices to avoid harmful habits and practices behaviors that support their physical body, health and safety.

Guiding Questions

- Do I engage in physical activity 3-5 times a week?
- Do I get regular physical exams and lab work done?
- Do I get 6-8 hours of sleep a night?
- Do I wake up with energy for the day ahead?
- Am I a healthy weight for my age and height?
- Do I eat a balanced nutritious diet?
- Do I have consistent energy throughout the day?
- Do I have healthy blood pressure?
- Do I drink 8-10 oz. of water a day?
- Do I drink alcohol in moderation?

Give yourself 1 point for each question you answered yes to and shade in the section of the wheel to that number for your current Physical Wellness score.

Physical Wellness
score



RECREATIONAL WELLNESS

Definition: A high level of recreational wellness is found when the individual recognizes their creative abilities, engages in fun and stimulating hobbies and activities.

Guiding Questions

- Do I regularly engage in leisure activities or hobbies that bring me joy?
- Do I make time for recreational pursuits?
- Do I feel a sense of excitement and enthusiasm when participating in my favorite recreational activities?
- I am able to experience a state of "flow" or deep engagement during my leisure time?
- I am satisfied with the variety of recreational activities I engage in?
- Do I feel a sense of accomplishment or personal growth when trying out new recreational activities?
- Do you feel you have barriers preventing you from pursuing recreational interests?
- Do I feel a healthy balance between leisure time and other aspects of my life such as work and responsibilities?
- Do I approach activities with a beginners mind and allow myself to make mistakes when learning something new?

Give yourself 1 point for each question you answered yes to and shade in the section of the wheel to that number for your current Recreational Wellness score.

Recreational Wellness
score

MEANINGFUL WORK WELLNESS

Definition: When the individual finds personal satisfaction, enrichment and fulfillment in one's work (professional, familial, volunteer or academic).

Guiding Questions

- Do I get personal satisfaction and enrichment from my work whether professional, familial, volunteer or academic?
- Do I effectively handle my level of stress related to work responsibilities?
- Is my workload manageable?
- Do I feel accomplished in my daily work?
- Am I respected for the work I do?
- Are my strengths and skills aligned with the responsibilities and demands of my role?
- Do I feel engaged and excited about my tasks, projects and responsibilities?
- Am I able to use my creativity and problem-solving abilities in my work?
- Do I have a supportive and positive working environment, with healthy relationships and communication?
- I am able to regularly maintain a healthy work-life balance and avoid excessive stress or burnout?

Give yourself 1 point for each question you answered yes to and shade in the section of the wheel to that number for your current Meaningful Work Wellness score.

Meaningful Work Wellness
score



MENTAL WELLNESS

Definition: A state of wellbeing in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Guiding Questions

- Does worry get in the way of your daily activities?
- Do you feel down or blue?
- How often do you feel stressed or restless?
- Do you have difficulty focussing or thinking clearly?
- Do you lack energy?
- Do you have little pleasure in doing things?
- Do you have trouble falling asleep or staying asleep?
- Do you feel hopeless or fearful of your current circumstances or your future?
- Do you have a poor appetite or do you over eat?
- Do you feel bad about yourself or feel like you have let others down?

Give yourself 1 point for each question you answered yes to and subtract the total from 10 and shade in the section of the wheel to that number for your current Mental Wellness score.

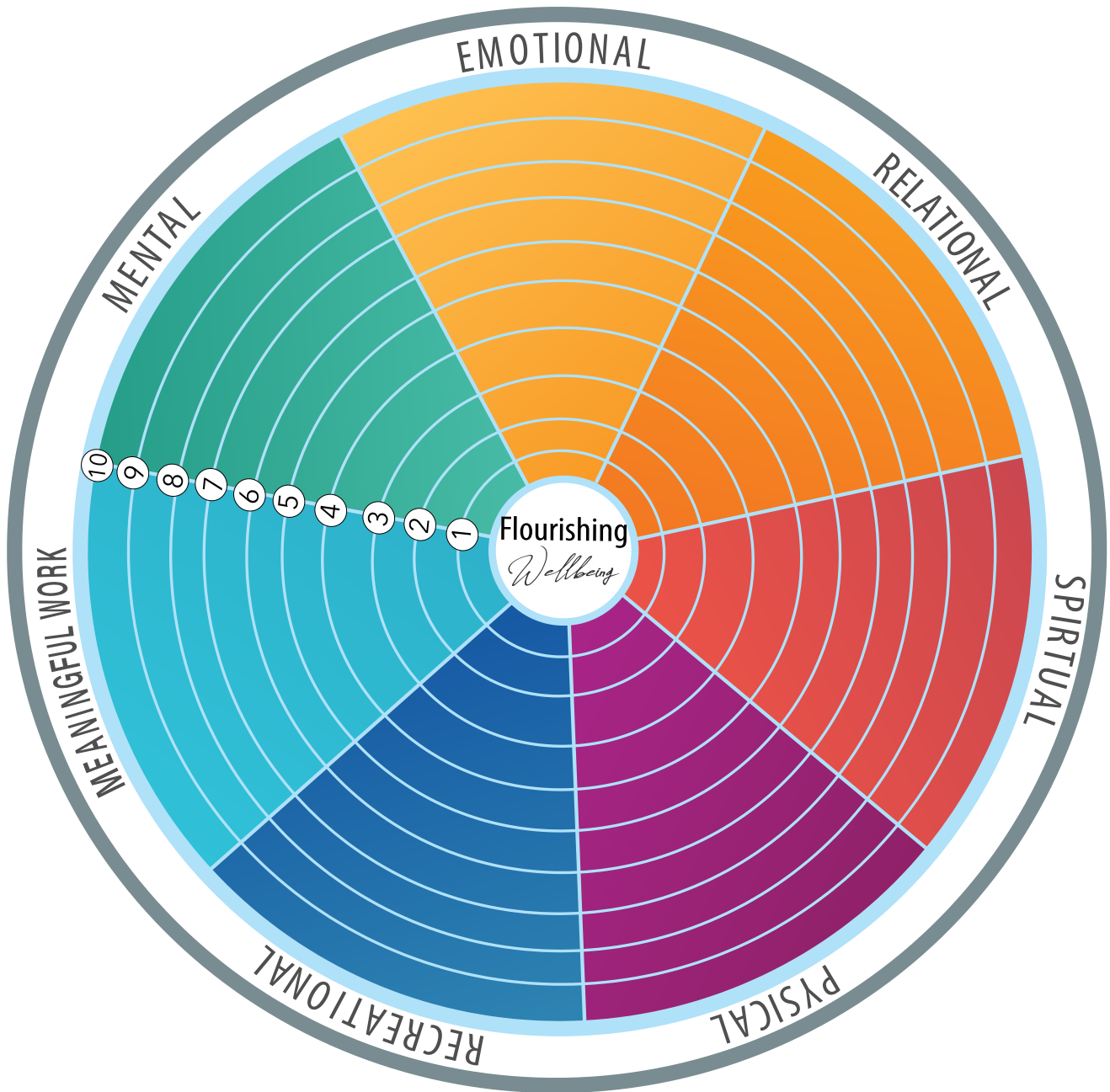
$$10 - \underline{\quad\quad} = \underline{\quad\quad}$$

Mental Wellness
score



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Flat Spot Reflection Worksheet



Complete the sections below using words or drawings based on your two lowest scoring dimensions on your Flourishing Wellbeing Wheel.

DIMENSION:

What does this area of your life look like right now?

Was this area of your life ever in better condition? If so what contributed to its depletion?

What is your ideal vision for this dimension in your life?

What obstacles are limiting your ability to flourish more in this area of your life?

How would improvement in this area improve your life overall?

DIMENSION:

What does this area of your life look like right now?

Was this area of your life ever in better condition? If so what contributed to its depletion?

What is your ideal vision for this dimension in your life?

What obstacles are limiting your ability to flourish more in this area of your life?

How would improvement in this area improve your life overall?

Full Spot Reflection Worksheet



Complete the sections below using words or drawings based on your two highest scoring dimensions on your Flourishing Wellbeing Wheel.

DIMENSION:

What does this area of your life look like right now? In what ways are you flourishing in this area of your life?

What are you most proud of from this area of your life?

Did you score higher in this dimension because you put effort into this area of your life or is it a natural strength for you?

If your rating in this dimension is not a 10 or is not as high as you would like, brainstorm some ideas that may improve your wellbeing in this particular area?

DIMENSION:

What does this area of your life look like right now? In what ways are you flourishing in this area of your life?

What are you most proud of from this area of your life?

Did you score higher in this dimension because you put effort into this area of your life or is it a natural strength for you?

If your rating in this dimension is not a 10 or is not as high as you would like, brainstorm some ideas that may improve your wellbeing in this particular area?

SMART GOALS

*Be encouraged:
Big Issues Require Little Changes Little Changes Will Take Care of Big Issues*

In the pursuit of a flourishing wellbeing, setting goals is a fundamental step. However, not all goals are created equal. To effectively foster growth across the different dimensions of wellness, it's crucial to frame your aspirations through the lens of S.M.A.R.T. goals - Specific, Measurable, Achievable, Relevant, and Time-bound.

| | | |
|---|---|--|
| S | <u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH? | |
| M | <u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED? | |
| A | <u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED? | |
| R | <u>RELEVANT</u> DOES THIS SEEM WORTHWHILE? | |
| T | <u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL? | |