



TAKING STOCK: YOUR WHEEL OF WELLNESS

The Wheel of Wellness is a simple pie-chart approach for rating your own level of satisfaction in several areas of your life.

Here are the 12 dimensions:

1. Career
2. Money
3. Health & Wellbeing
4. Romantic Relationships
5. Family Relationships
6. Friendships & Social Life
7. Personal Growth
8. Fun & Recreation
9. Physical Activity
10. Spirituality
11. Home Environment
12. Rest & Relaxation

INSTRUCTIONS

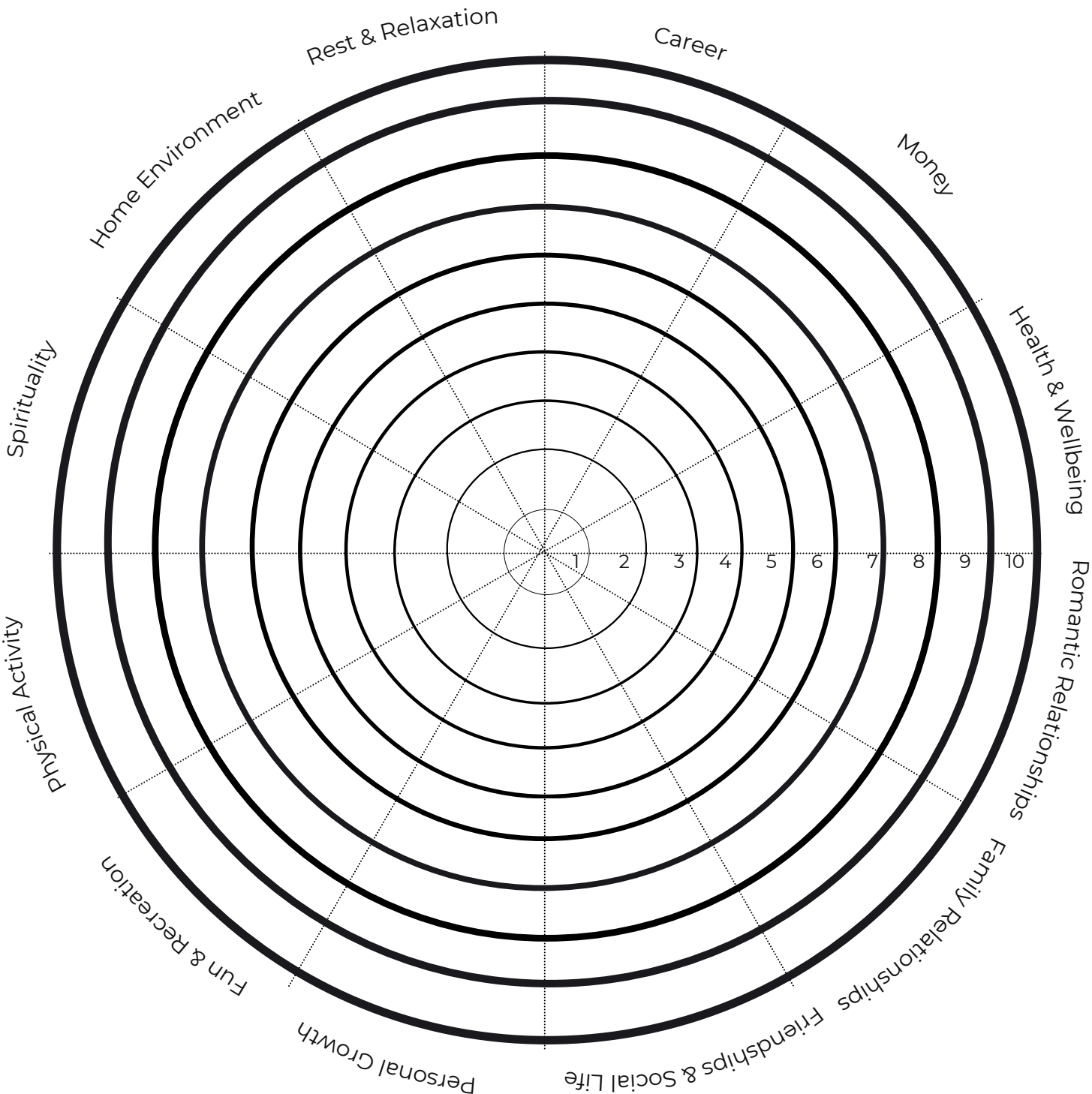
Print out the Wheel of Wellness (find it on the next page).

Ranking your level of satisfaction in each area of your life, each of these 12 areas. For each dimension, you can rank your satisfaction anywhere from 1-10, and the closer you are to 10, the more fulfilled you feel.

Place a dot on the line marking how satisfied you are with each component of your life. A dot placed near the center of the circle indicates dissatisfaction, while a dot placed toward the outside indicates ultimate happiness and satisfaction. And I want you to really reflect on each area. Remember, only YOU define satisfaction.

When you have placed a dot on each of the lines, connect the dots to see your Wheel of Wellness. This forms a new outside perimeter for your circle. It becomes a circle with a jagged outside edge.

YOUR WHEEL OF WELLNESS



Career
Money
Health & Wellbeing
Romantic Relationships
Family Relationships
Friendships & Social Life

Personal Growth
Fun & Recreation
Physical Activity
Spirituality
Home Environment
Rest & Relaxation