

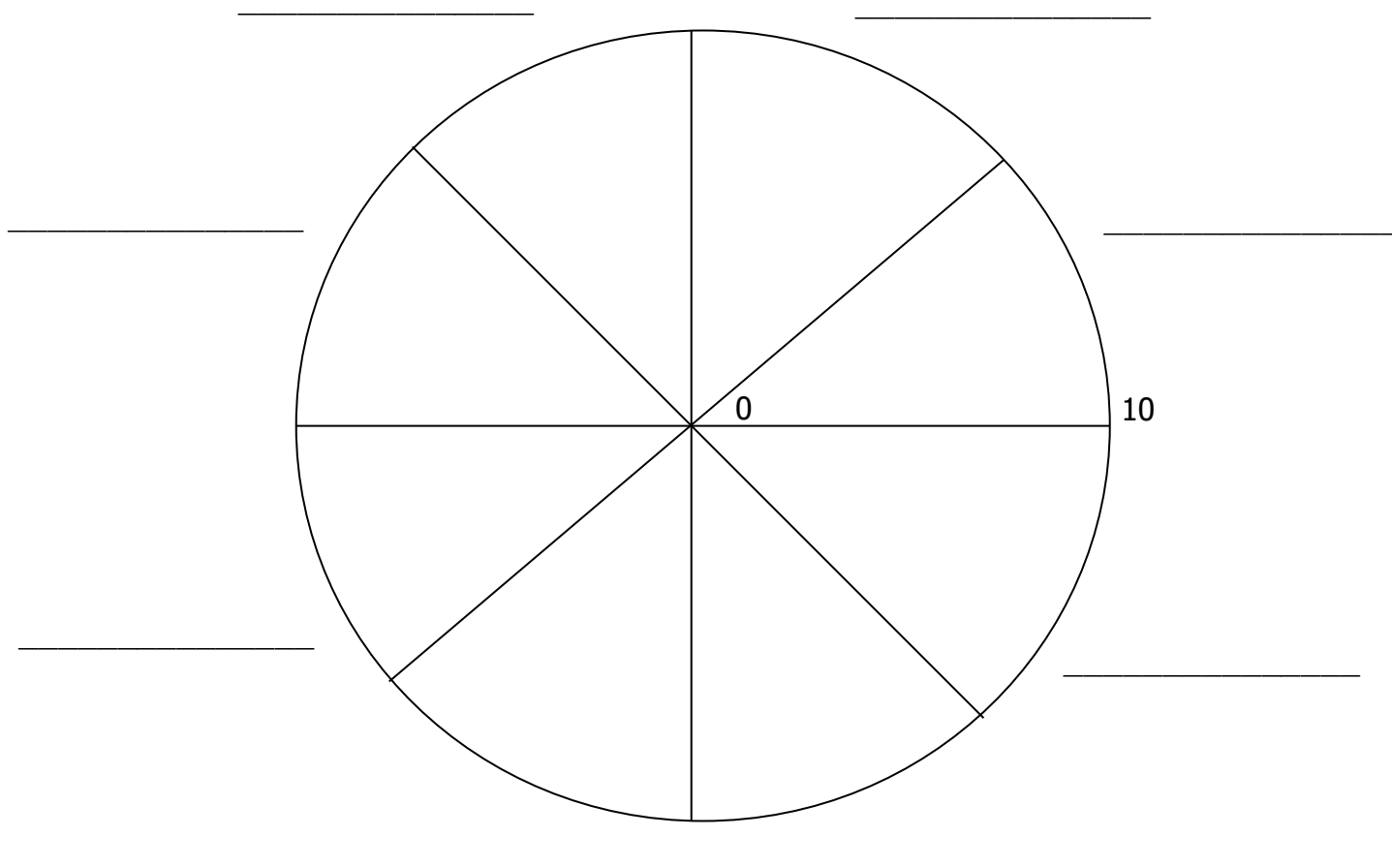


Wellness Wheel Worksheet



NAME: _____

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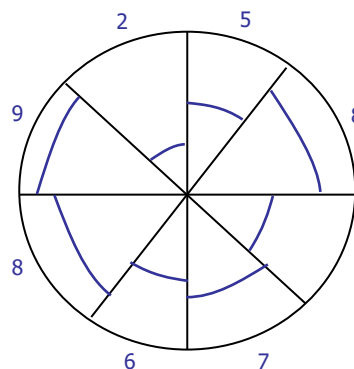


WELLNESS WHEEL INSTRUCTIONS:

The 8 sections in the Wellness Wheel represent life balance.

- First, think of the areas of your life that are important to you (see sample areas at side). Label each section/wedge. Feel free to consolidate or split any section so that it's meaningful and represents a balanced life for you.
- Next, taking the center of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example).
- The new perimeter of the circle represents **your** 'Wheel of Life'. Which areas might you wish to see look different?

EXAMPLE



SAMPLE AREAS

- Relationships**
(family, friends, significant other)
- Physical Health**
(nutrition, exercise)
- Emotional-Mental Health** (stress, resilience, happiness)
- Financial Health**
(saving, retirement)
- Occupational**
(career, work)
- Personal Growth**
(learning, spirituality)
- Leisure** (hobbies, fun, volunteering)
- Environmental**
(home, community)