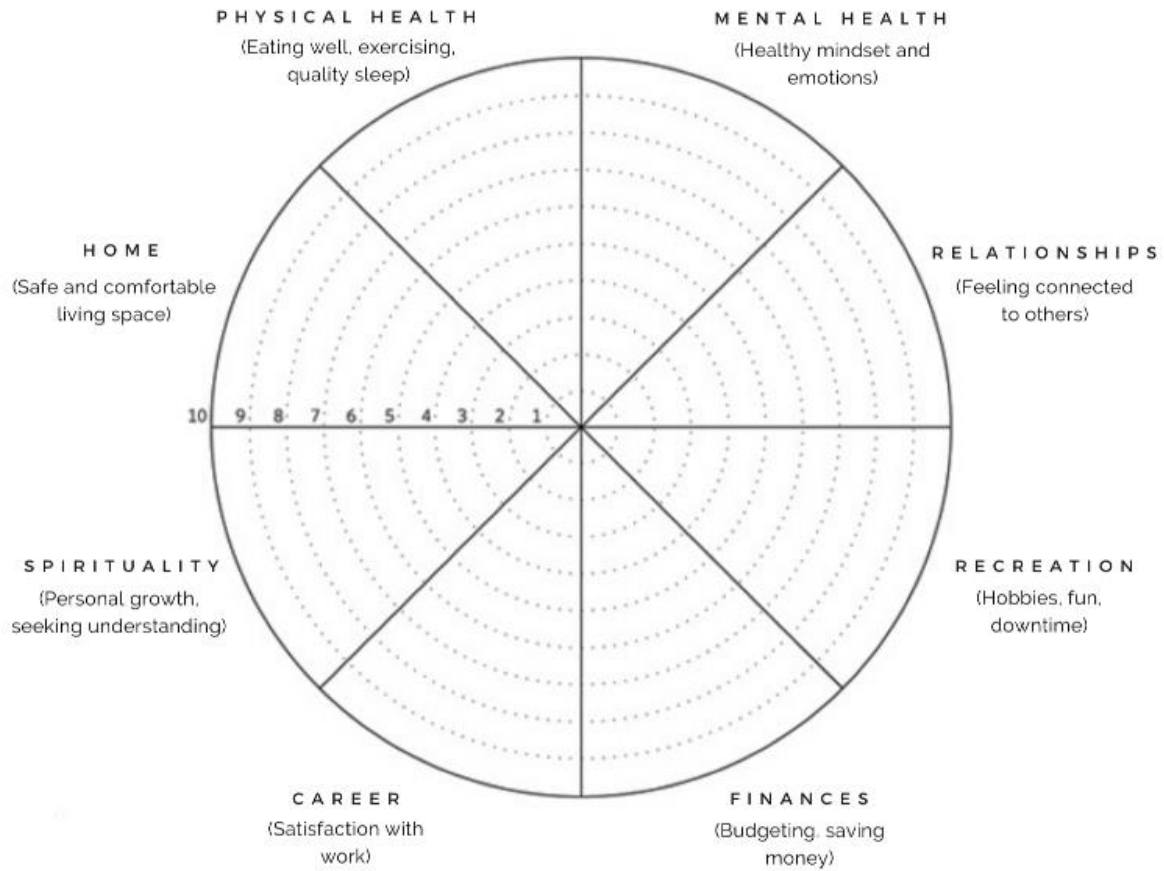


WELLNESS WHEEL



Developed by: THEBLISSFULMIND.COM





WELLNESS

WHEEL



Mindful Wellness is all about empowerment & making positive life changes which help us to create and live our healthiest and happiest life! There are so many areas of our lives that are interconnected and affect our overall wellness.

Use these questions to help you rank your current WELLNESS in each area. (1 being poor and 10 being excellent.)

Try not to overthink it, and resist the urge to judge yourself. Taking time to think about our experience in these different areas can help us make new choices in order to create more balance and contentment.

PHYSICAL HEALTH: (This could be broken into: 1. **Fitness** / 2. **Nutrition** / 3. **Energy** if needed)

Do you have good exercise habits?

Do you fuel yourself with nutritious & clean foods?

Are you happy with your level of physical health?

Do you have energy to show up for the things that matter to you?

Do you get enough quality sleep?

MENTAL HEALTH:

How healthy are the thoughts which shape your life and actions?

How regularly do you express gratitude for the good things in your life?

How is your relationship with and to yourself? (Self-Acceptance, Self-Love, Self-Appreciation)

Do you take time to recharge when you need it?

RELATIONSHIPS:

Do you feel nurtured and supported in your relationships?

How is your connection with family or those close enough to call “family?”

Do you have more quality & fulfilling relationships vs quantity?

Do you have open and honest communication with family and close friends?

RECREATION/HOBBIES:

How often are you able to express yourself creatively?

Do you make time to do things that bring you joy?

Are you fulfilling your true desires?

FINANCES:

Do you have a healthy relationship with money?

Where do you fall between stress/anxiety about money issues and a comfort that all is well?

CAREER:

Do you currently find joy and fulfillment in your work/study?

Does your work/study reflect your values?

Do you have a vision that excites you in terms of your future in this area?

SPIRITUALITY:

Do you find ways to nurture yourself spiritually?

Do you feel spiritually connected in a way that is meaningful to you?

Do you connect with something that feels like a constant to you?

HOME/ENVIRONMENT:

Does your home make you feel happy and at peace?

How “green” and/or healthy is your environment?

Do you have a “happy place?”

