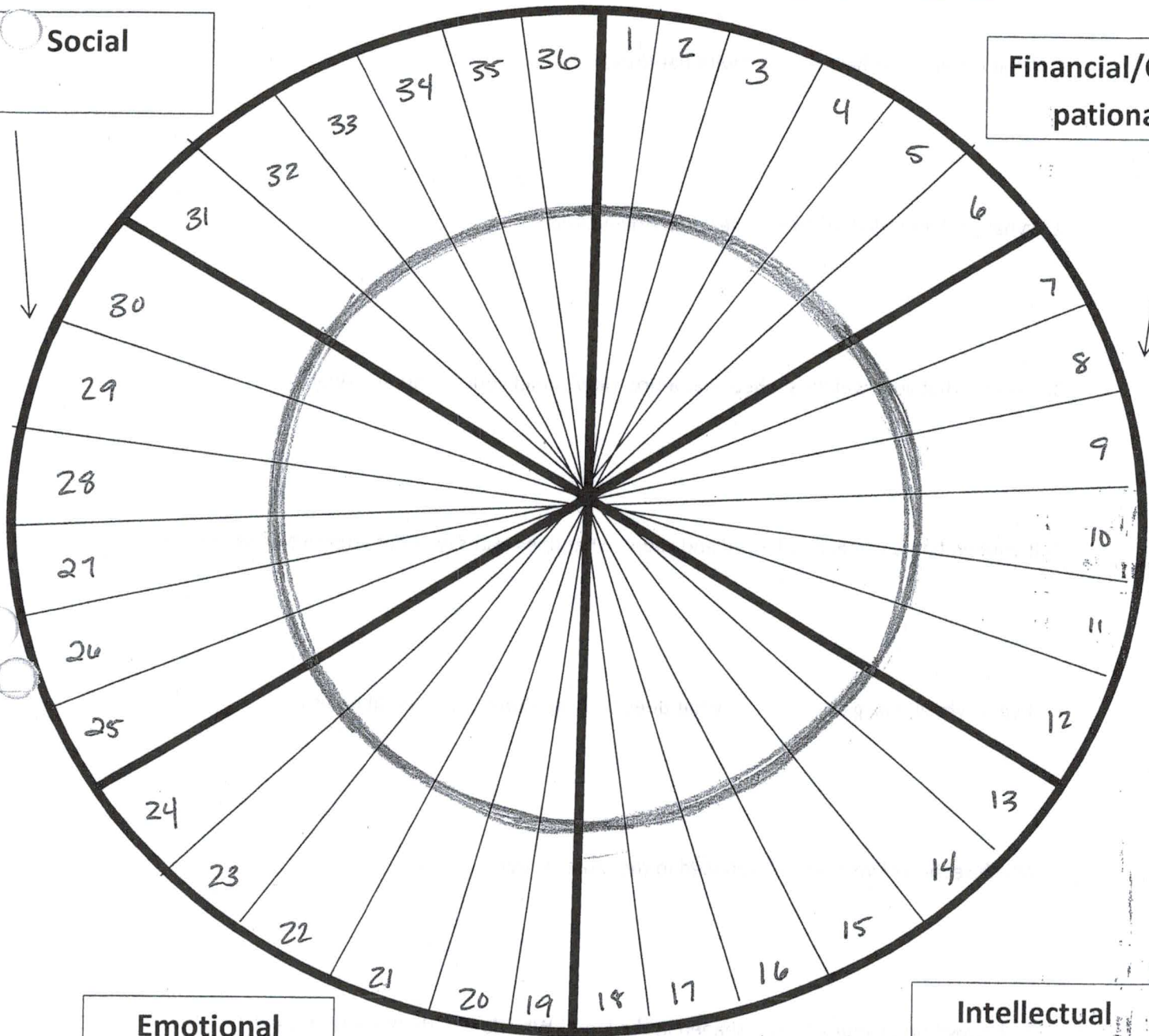


Spiritual

Physical

Social

Financial/Occupational



Center of circle = 0%
Inner circle = 50%
Outer circle = 100%

Wellness Wheel Reflection Activity

1. What experiences have you had with flat tires?
2. What problems do flat tires cause when driving a car?
3. Imagine that your wellness wheel was a tire. How would your car drive? Why?
4. If your wellness wheel is balanced and round what does that say about your overall wellness?
5. If your wheel is jagged and rough what does that say about your overall health?
6. Which section of your wheel is shaded in the most? Why?
7. Which section of your wheel is shaded in the least? Why do you think it's that way?
8. If your wheel is unbalanced, what things can you do to try to balance it?

The Physical Section

1. I eat a balanced nutritional diet.
2. I exercise at least 3 times per week.
3. I choose to abstain from sex or I choose to practice safe sex.
4. I do not use alcohol or use in moderation, am a non-smoker and avoid street drugs.
5. I am generally free from illness.
6. I am a reasonable weight for my height.

The Finance/Occupation Section

7. I have a solid balance between saving for the future and spending for the present
8. My beliefs/values surrounding money are harmonious with my behavior
9. What I am doing with work/school has purpose
10. I use money positively, e.g., little or no gambling or excessive massing of goods
11. I have a balance between work/school and the other areas of my life
12. I have financial plans for the future

The Intellectual Section

13. I have specific intellectual goals, e.g., learning a new skill, a specific major
14. I pursue mentally stimulating interests or hobbies.
15. I am generally satisfied with my education plan/vocation.
16. I have positive thoughts (a low degree of negativity and cynicism).
17. I would describe myself as a life long learner.
18. I commit time and energy to professional and self-development.

The Emotional Section

19. I have a sense of fun and laughter.
20. I am able to feel and label my feelings.
21. I express my feelings appropriately.
22. I have a sense of control in my life and I am able to adapt to change.
23. I am able to comfort or console myself when I am troubled.
24. Others would describe me as emotionally stable.

The Social Section

- 25. I am able to resolve conflicts in all areas of my life
- 26. I am aware of the feelings of others and can respond appropriately
- 27. I have at least three people with whom I have a close trusting relationship
- 28. I am aware of and able to set and respect my own and others boundaries
- 29. I have satisfying social interaction with others
- 30. I have a sense of belonging/not being isolated

The Spiritual Section

- 31. I practice meditation, pray or engage in some type of growth practice
- 32. I have a general sense of serenity
- 33. I have faith in a higher power
- 34. I have a sense of meaning and purpose in my life
- 35. I trust others and am able to forgive others and myself and let go
- 36. Principles/ethics/morals provide guides for my life