

Balanced Wellness Wheel

Our hub is **Spirituality**; the sum of your goals, values, and purpose.



Our why: Inspiring Individuals to Achieve Their Optimal Well-being
Guidance ~ Consistency ~ Growth Mindset ~ Self-awareness ~ Purpose

Developed by Terry Gehrke
founder and CEO of Balanced Wellness

Balanced Wellness





Spirituality

Balanced Wellness views spirituality as the sum of our individual goals, values, and purpose. We place it at the hub of our wheel, as the "core" of our well-being. It is the foundation for all other dimensions of well-being.

You may not be able to summarize this in one statement, but you may find it easier to discern by focusing on words that motivate you. Joy? Vitality? Kindness? What feelings lead you to thrive in life? Our spirituality pushes us to live by and align our actions with our guiding values.

Occupational Well-being

The occupational dimension of well-being recognizes our professional life as an extension of our personal values, not a separate silo. Discovering and nurturing a true passion for your work will lead you to find satisfaction and enrichment. In addition to the ability to develop new and hone existing skills, a rewarding career will allow you to share, evolve, and align your values with that of your occupation, peers, and individual purpose.

Environmental Well-being

The environmental dimension of well-being employs sustainability practices for Earth with the same vigor and attention to humankind. Achieving a sustainable lifestyle means assessing your values and beliefs and aligning them with your strategies for improving personal, interpersonal, community, and societal environments. Environmental toxicity can be seen in physical and emotional forms, so we must encourage ourselves and those around us to question how we can successfully meet our needs without compromising the needs of others, both now and in the future.

Physical Well-being

The physical dimension of well-being recognizes movement, nutrition, and self-care as key parts of total wellness. Movement encompasses a balanced routine of cardiovascular, resistance, and flexibility training. Optimal nutrition prioritizes water, fruits and vegetables, and whole foods. Self-care may entail visiting a medical professional in the case of sickness or injury, self-examination, and adequate sleep. All in all, physical well-being is about looking after your body by moving and fueling it in a way that helps you meet your goals. We only get one body our entire life!

Emotional Well-being

The emotional dimension of well-being recognizes awareness, expression, and acceptance of one's feelings. It includes a positive and affirming growth mindset, with the consciousness that trials can be encountered BUT overcome. It involves building a support system and resilient attitude in order to combat negative self-talk, fear of failure, and other barriers that keep us from change.

Social Well-being

The social dimension of well-being prioritizes positive contribution to and engagement with your community, society, and the planet. It highlights the interdependence of all these pieces, and the importance of living in harmony with them rather than conflict. As your wellness journey continues, you become more aware of the impact your position has on those around you. Social well-being also considers culture; it is crucial we develop and apply gracious attitudes, perspectives, and methods of communication in order to contribute to common welfare instead of creating separation among different populations. Additionally, a healthy social well-being enhances not only your own wellness, but also the journeys of the personal and important relationships around you.