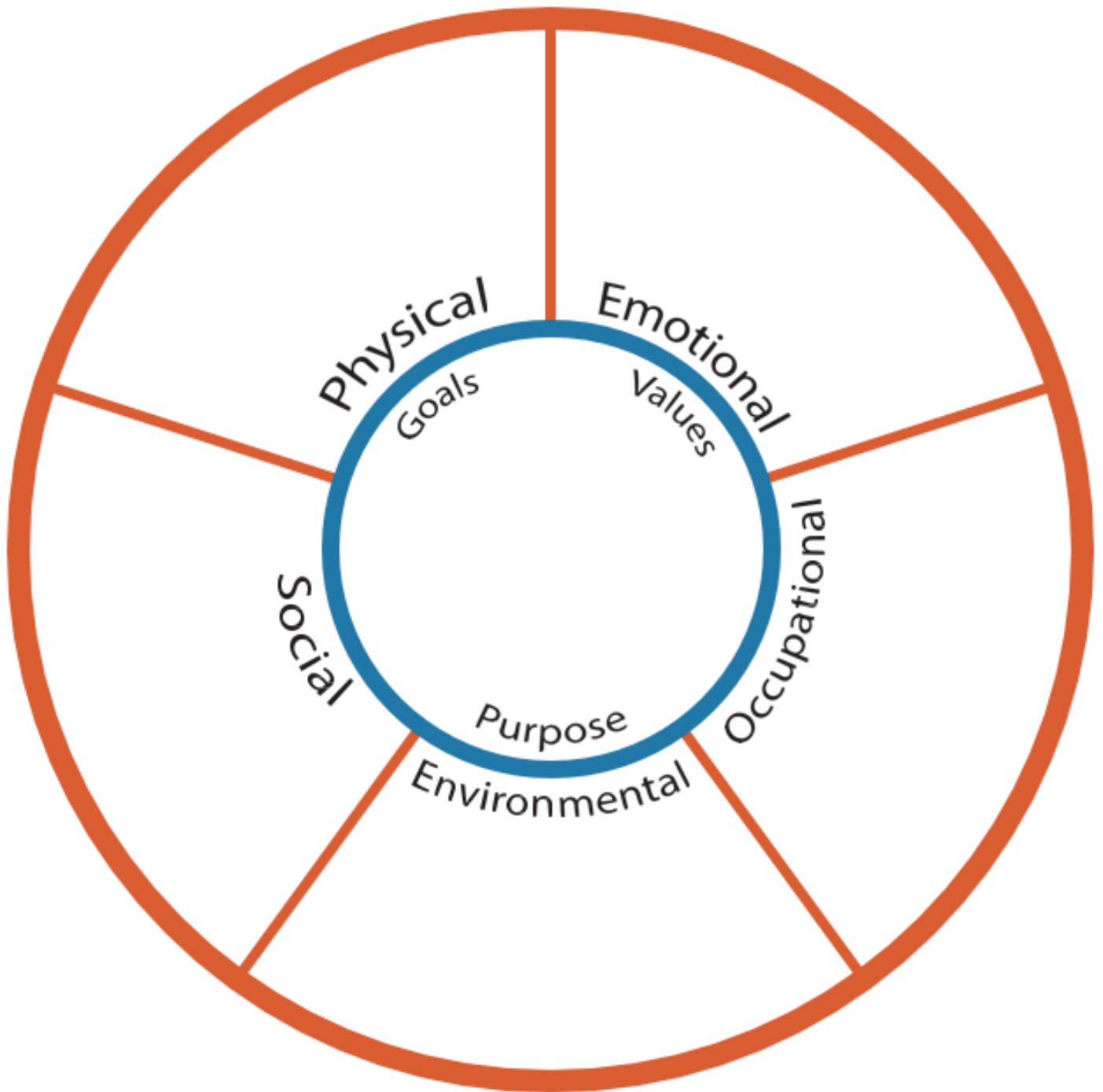


# Wellness Wheel

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Live A Purposeful Life



## Completing your Wellness Wheel

Remember - this is a dynamic, changing document

- Transfer 1-3 words you identified as your values to the center of the wheel.
- Rank your level of satisfaction in each area of your life. The closer you are to 10, the more fulfilled you feel. 10 would be on the outside of the wheel.
- Optional: identify in the circle 1-2 things that are important to you in that dimension of wellness for a 'well-life vision'. Example: "eat whole foods" in the "physical".
- Please note – the dimensions of wellness often intertwine with each other in YOUR definition of the wellness. For example, some consider volunteer work a part of emotional wellbeing while others consider it social wellbeing.

***Spirituality:*** Your Goals, values and purpose in life

***Physical:*** Your exercise and nutritional habits

***Emotional:*** Stress Management, ability to express emotions

***Occupational:*** Do you enjoy your work? Manage a work/life balance. This may also include your financial wellness.

***Environmental:*** Create an environment at your work and home that encourages you to live a 'well life'

***Social:*** Interpersonal relationships this may include expressing gratitude, volunteering, random acts of kindness, visiting with friends, etc.