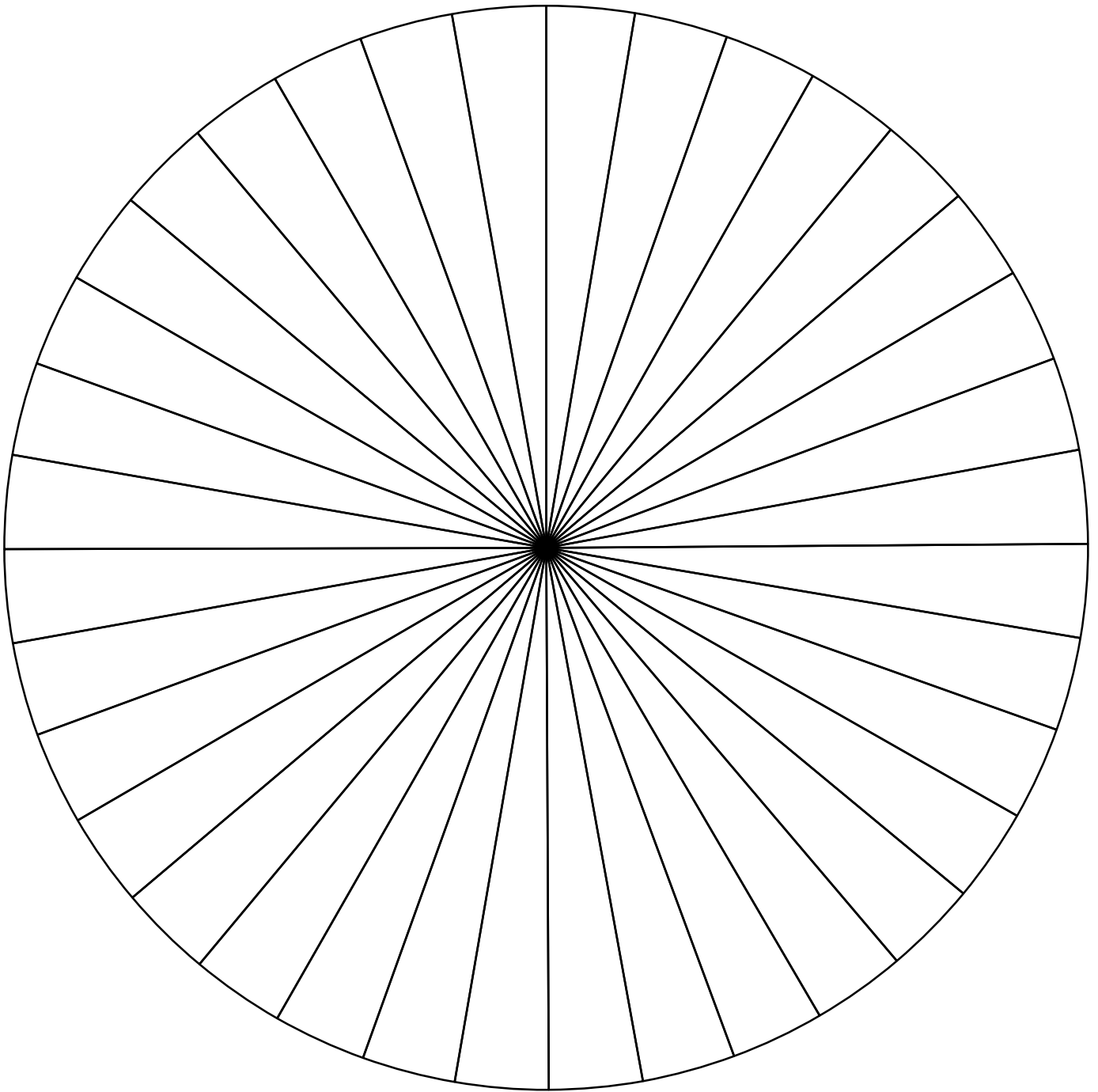


My Wellness Wheel

Date: _____



Activity Instructions

- ❖ Read each statement
- ❖ Fill in the corresponding pie-shaped section of the wheel to the degree you are achieving this:
For example, question #1 is: “I eat a balanced nutritional diet”
If you feel you are doing this 100% of the time,color in all of section 1. If you do this 60% of the time, color 60% of the section.
- ❖ Complete this for all 36 sections of the wheel.

The Physical Section:Orange

1. I eat a balanced nutritional diet.
2. I exercise at least 3 times per week.
3. I choose to abstain from sex or sex is enjoyable and I 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/OccupationSection: Yellow

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, not shopping to feel good)
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: Blue

- 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 lifelong learner
- 18. I commit time and energy to professional growth and self-development.

The Emotional Section: Red

- 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: Green

- 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: Purple

- 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