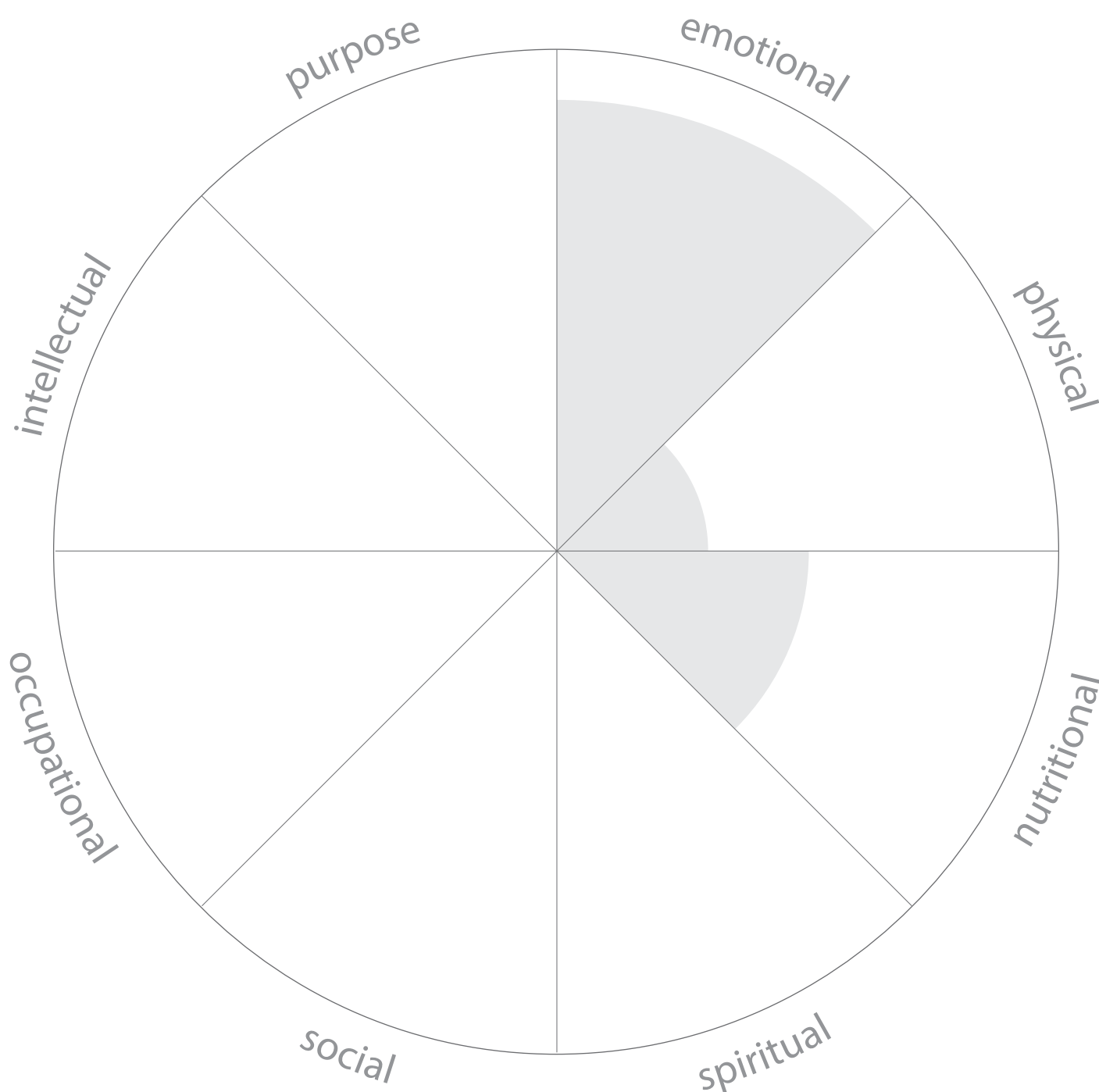


# guide to your wellness wheel

fill in each wedge using the guidelines below. a full wheel is the ideal.

the center of the wheel represents zero and the outside 10. below is an example of a partially completed wheel, where emotions are at 9, physical is at 3 and nutritional is at 5.



## remember...

everyone is unique.... there is no right or wrong.... the wheel represents an honest conversation with ourselves.... it shows us where we are off balance..... it serves as a guide as we work towards re-establishing balance

below are some ideas to help with each section

### emotions

are your emotions mostly fear-based, reactive, are they positive or negative?

do you have a sense of control, are you able to adapt, express feelings clearly and undramatically? would you or others describe you as emotionally stable?

### physical

do you exercise regularly, are you carrying extra weight, are you free of dysfunction and capable of doing things?

### nutritional

are you mindful of what put into your body & how you eat, would you say you have a healthy diet? do you drink or smoke?

### spiritual

do you have a sense of serenity, of gratitude, of meaning?

do you feel there is an order to the universe and that you are part of it? do you have a principles, ethics, morals that guide you in life? are you able to forgive?

### social

are you comfortable with yourself and with others socially? do you respect others, are you aware of others' feelings and do you respond appropriately?

do you understand boundaries, have a sense of belonging and have trusting relationships? do you care about people?

### occupational

are you comfortable with your skills, does your work fulfill you and are you well-compensated? do you have balance between work and leisure?

do you like the direction you are heading?

### intellectual

are you capable of critical thought, creativity, originality? are you curious, a lifelong learner, open to new ideas and experiences, do you have a desire to evolve? do you have hobbies that stimulate you, and do you commit time and energy to self-development?

### purpose

do you have a clearly defined life purpose and work toward fulfilling it? are you are clear about your place in space and society or do you drift?

are you an active participant in your life?