

WELLNESS WHEEL

Physical Wellbeing
eating well, exercising,
quality sleep

Mental Wellbeing
healthy mindset
and emotions

Social Wellbeing
feeling connected
to others

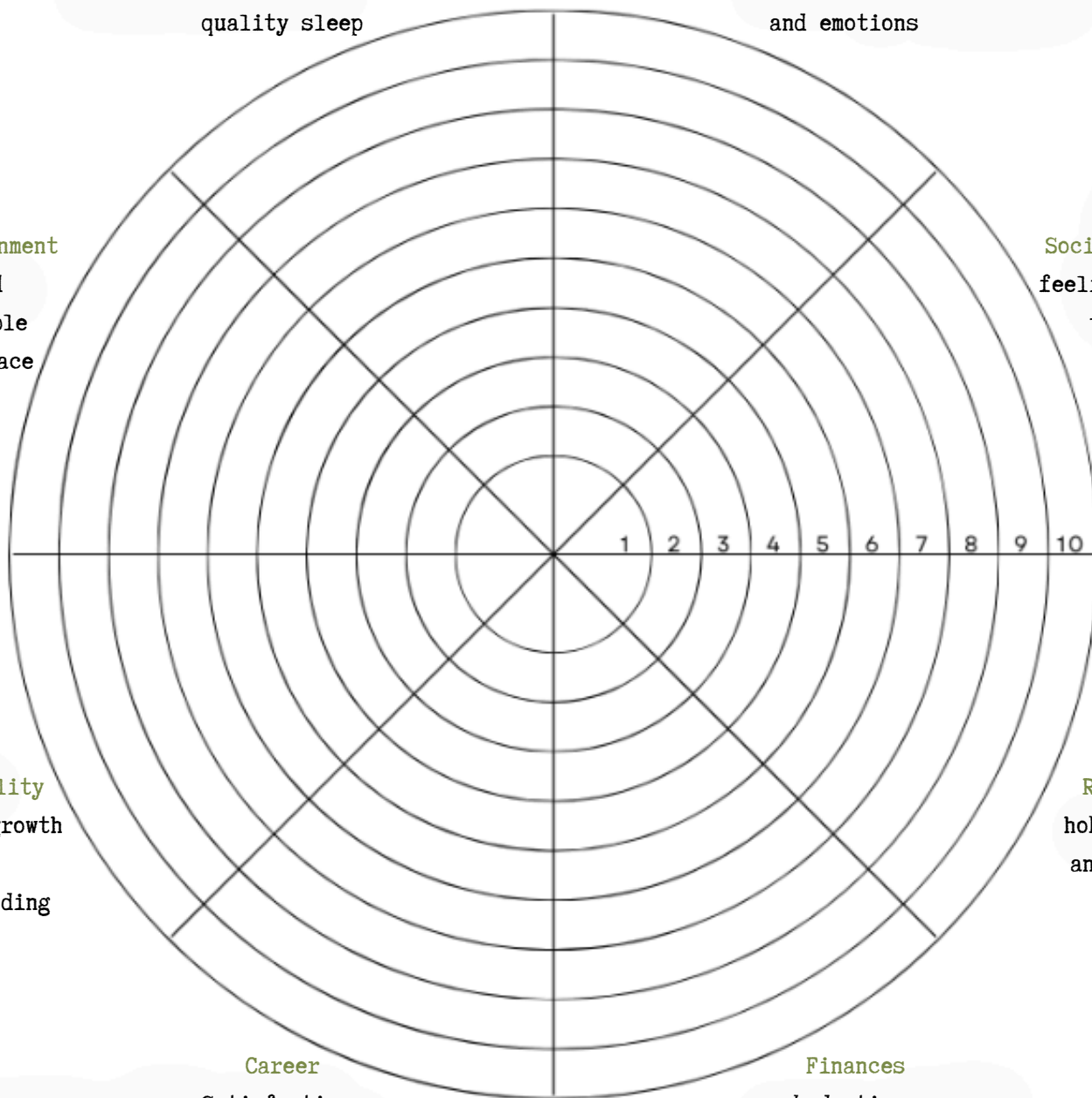
Recreation
hobbies, fun,
and downtime

Finances
budgeting,
saving, and money

Career
Satisfaction
at work

Spirituality
Personal growth
and
understanding

Home/Environment
Safe and
comfortable
living space



Rank your level of satisfaction with each area out of 10. 1 means you are struggling and feel unfulfilled in that area. 10 means you're satisfied with that area and don't think it needs much improvement. Go with your gut on this one. Color the number of spaces on the wheel that match your ranking, starting from the inside and working out. Once you're done, you should see which areas need improvement and which ones you feel satisfied with.

Which areas are you doing well in?

Which areas would you like to enhance?

