

THE WELLNESS WHEEL



Directions

1. Rate each area of wellness on a scale of 1 (low satisfaction) to 10 (high satisfaction).
2. Plot your scores on your own wellness wheel diagram.
3. Reflect on which areas are thriving and which might need more attention.
4. Choose 1-2 focus areas and create small, realistic action steps for each.



REFLECTION QUESTIONS

Emotional Wellness

- When was the last time you truly felt at peace? What contributed to that feeling?
- Which emotions do you experience most often lately, and how are you responding to them?
- What's one small self-care ritual you could add to your week to support your emotional well-being?

Physical Wellness

- How is your current energy level during the day, and what might be influencing it?
- What is one small, realistic change you could make this week to support your body?
- How do you know when your body needs rest, and how do you respond?

Social Wellness

- Which relationships in your life feel most supportive and energizing?
- Is there a conversation or connection you've been avoiding that might bring you relief or clarity?
- How can you nurture one important relationship this week?

Occupational Wellness

- What parts of your work or daily responsibilities feel most meaningful right now?
- Is there an aspect of your work-life balance you'd like to shift?
- If you could delegate one task to reduce stress, what would it be?

Intellectual Wellness

- When was the last time you learned something new just for the joy of it?
- Which hobbies or interests feel most stimulating for your mind?
- What's one curiosity you'd like to explore this month?

Spiritual Wellness

- What gives you a sense of purpose or connection to something bigger than yourself?
- Are there any rituals, practices, or quiet moments that help you feel grounded?
- How can you reconnect with your core values this week?

Environmental Wellness

- How does your current environment (home, work, nature) support or drain you?
- Is there a small change you could make to your surroundings to feel calmer or more inspired?
- Where do you feel most at peace, and how can you spend more time there?

Financial Wellness

- How does your current relationship with money feel- i.e. secure, stressful, or something in between?
- What is one financial habit you could strengthen this month?
- What small step could you take to align your spending with your values?

