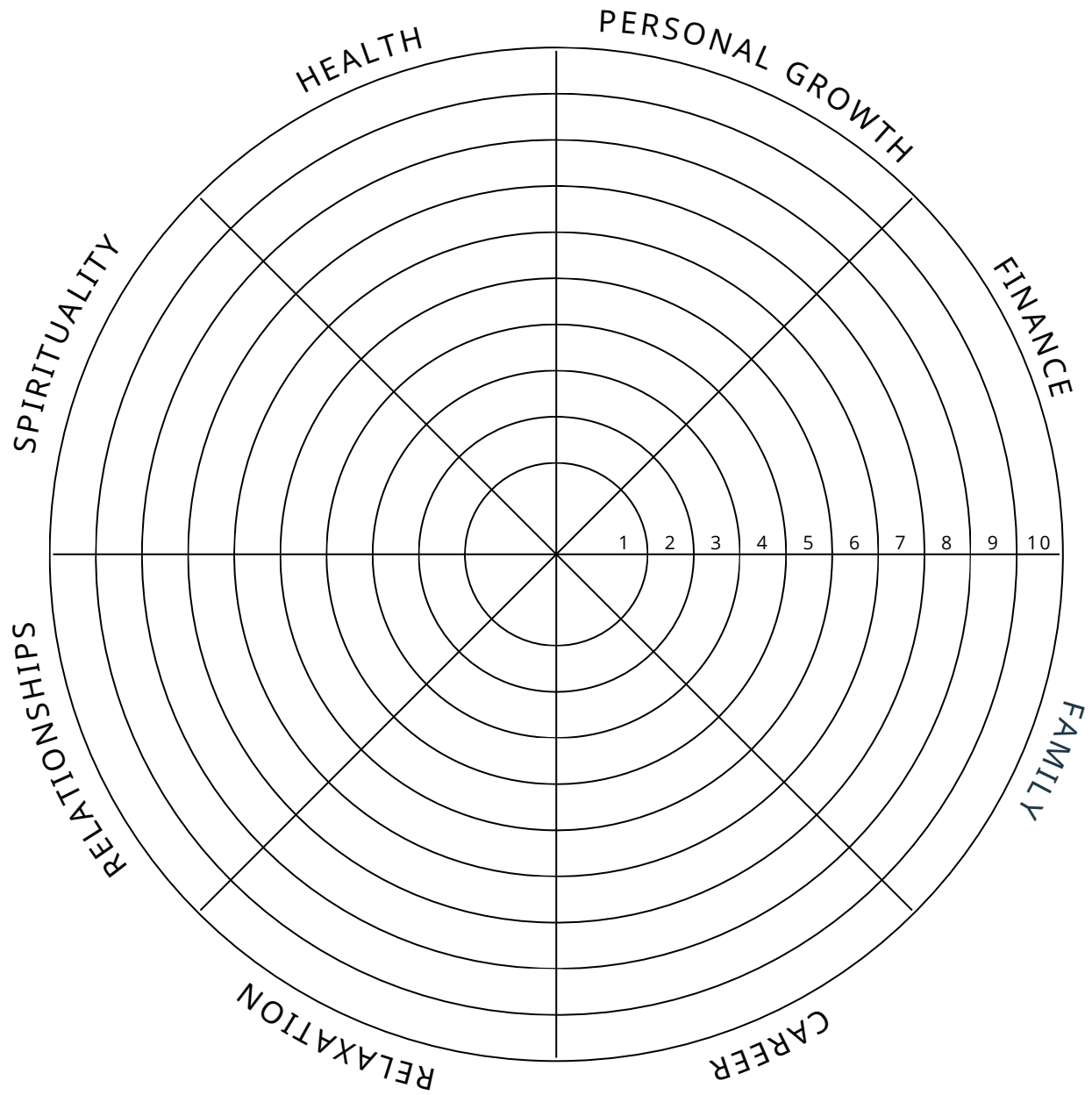


WELLNESS WHEEL



Priority categories

Notes

WELLNESS WHEEL

Components Of The Wellness Wheel

Personal Growth: Personal growth involves learning new skills, reflecting on experiences, and striving for self-improvement.

Finance: Managing money to ensure financial security and freedom (budgeting, saving, investing, and planning for future financial stability).

Family: Family wellness emphasizes communication, understanding, and spending quality time together.

Career: Career wellness involves pursuing work that aligns with your values, strengths, and aspirations while maintaining a healthy work-life balance.

Relaxation: Taking time to unwind and reduce stress, allowing your mind and body to recharge.

Relationships: Building and maintaining healthy, supportive connections with others.

Spirituality: Exploring beliefs and practices that provide meaning, purpose, and inner peace and/or connecting with a higher power or deeper sense of self.

Health: Maintaining physical well-being through proper nutrition, regular exercise, sufficient rest, and preventive care.

Looking at each area of wellness on the wheel, reflect on the following questions.

1. Assign each area a number from 1 to 10 based on how well this area is going in your life, with 1 being the least successful and 10 being the most successful.
2. What is going well in each area? Why did you assign the number you did?
3. What would you like to improve in this area?

Choose 1 or 2 areas to focus on. You don't have to choose the areas that are least successful. Choose the ones you want to improve the most or the ones that will help strengthen your sense of identity.