

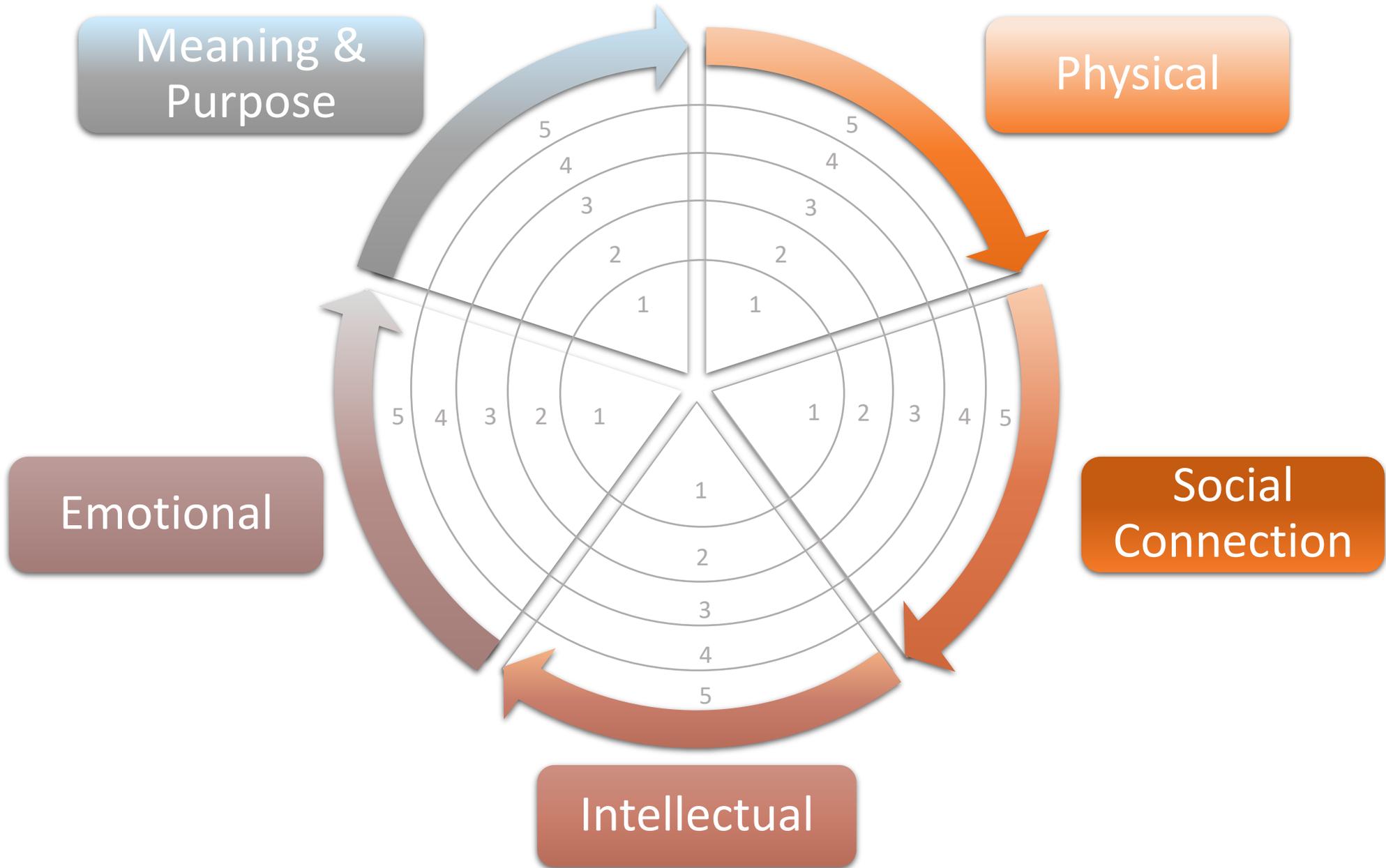
## Exercise: My Wellness Wheel

The Wellness Wheel is a useful model to help us examine and visualize our holistic health. We invite you to explore the five wellness domains by taking the survey below, so you can create and visualize your own wellness wheel. This process is meant to raise self-awareness and to help you visualize where you're thriving, as well as identify potential areas for growth.

Instructions: Complete all of the questions below. Each "yes" response is scored as 1 point, while "no" responses are scored as 0. Add up your total score for each of the five categories to get a total of 0-5 points. Next, graph each of the totals in the corresponding wellness wheel categories. When filling in the wheel, be sure to start at the small, inner-most center section and work your way to the outer edge, filling in one section for each point. For example, if you score a 3 on the "physical" questions below, fill in the three most inner triangles in the physical section on the wheel. If you'd like to see two examples, they are available on the website [www.wellnessonlinestudio.com](http://www.wellnessonlinestudio.com) under the "Wellness Model" tab.

*Note: It is important to be very honest with yourself when answering these questions.*

*Only you will see your wheel results unless you choose to share them with others, which are meant to help inform your wellness goals moving forward.*



## Physical

- I intentionally stretch and move my body throughout the day to increase my energy level.
- I set weekly physical exercise goals and strive to meet them.
- I am aware of my nutritional needs and eat healthy foods at most meals.
- I maintain a healthy body weight, and feel comfortable with my body.
- I sleep at least seven hours most nights and feel rested throughout the day.

**Total Score:** \_\_\_ **points** (0-5 Range)

Graph your total score on the Physical portion of the Wellness Wheel above.

## Social Connection

- I prioritize and nurture healthy and meaningful relationships with others.
- I ask for support from others when needed, and listen intently when needed.
- I actively work through conflicts to ensure my relationships grow and stay strong.
- I belong to a group(s) and/or socialize with people who share similar interests.
- I have multiple people in my life who bring me joy and fulfillment.

**Total Score:** \_\_\_ **points** (0-5 Range)

Graph your total score on the Social Connection portion of the Wellness Wheel above.

## Intellectual

- I feel mentally engaged in my work, both inside and/or outside of the home.
- I enjoy seeking out informal and/or formal educational opportunities that challenge me.
- It is important to me to exercise my brain to sustain my mental sharpness (e.g., reading books, doing puzzles, listening to podcasts).
- I build downtime into my week in order to rest my mind and to recharge.
- I consider myself to be a curious person who enjoys engaging in stimulating discussions with others.

**Total Score: \_\_\_ points** (0-5 Range)

Graph your total score on the Intellectual portion of the Wellness Wheel above.

## Emotional

- I try to "go with the flow" and stay adaptable throughout the day.
- When I'm faced with a challenging situation, I acknowledge that it is hard, while also thinking about how I can grow from the experience (i.e., "a growth mindset").
- I notice and embrace my daily emotions, both positive and negative.
- I am aware of how my thoughts and the stories I tell myself impact my perceptions and my mood.
- I actively engage in practices that help me to manage my emotions and stress levels throughout the day.

**Total Score: \_\_\_ points** (0-5 Range)

Graph your total score on the Emotional portion of the Wellness Wheel above..

## Meaning & Purpose

- I take time to think about the values and beliefs that are most important to me.
- I am actively engaged in activities that I find personally meaningful and gratifying.
- I practice self-acceptance, striving to feel comfortable with who I am.
- I prioritize the many obligations in my life, and give the most energy to what's most important to me.
- My goals are intentionally and directly linked to my values, and are therefore highly motivating for me.

**Total Score:** \_\_\_ **points** (0-5 Range)

Graph your total score on the Meaning & Purpose portion of the Wellness Wheel above.