

Wellness Wheel

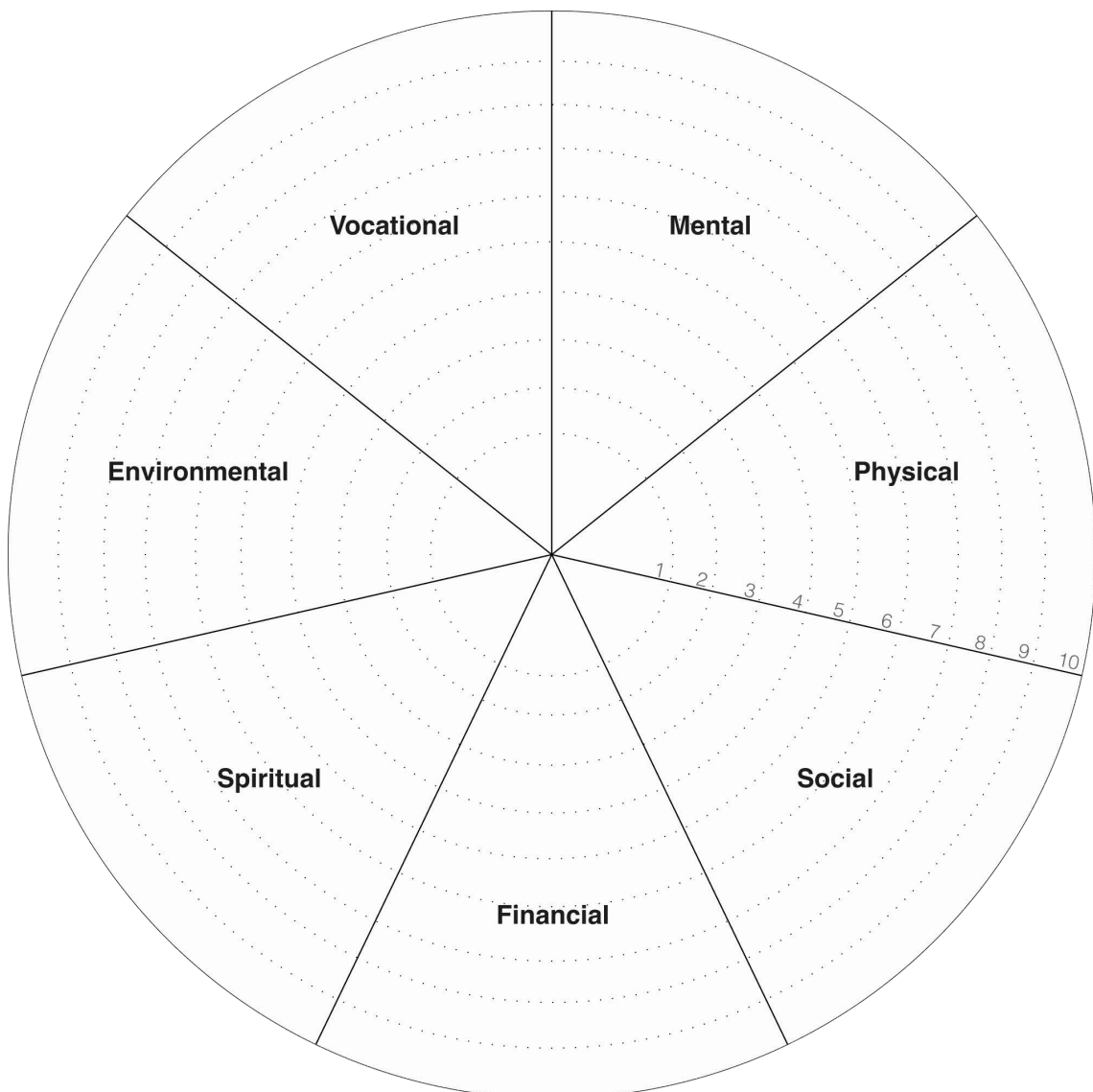
Name:

Accountability partner:

Check in frequency:

The seven sections in the wheel represent various dimensions of your life. Rank your level of satisfaction with each area on a scale of 1 to 10. A score of 1 means you're struggling and feel unfulfilled in that area. A score of 10 means you're completely satisfied and don't feel the area needs much improvement. Go with your gut feeling for this exercise.

Color the number of spaces on the wheel that match your ranking, starting from the inside and working outward. Once you're done, you should be able to see which areas need improvement and which ones you're satisfied with.



Reflection

1. Which areas do you want to focus on improving right now?

2. Why do you want to improve these areas?

3. When you envision fulfillment in these areas, what do you picture?

4. What types of activities and practices would help you feel more fulfilled in these areas?

5. Write what you plan to do for the next 3-6 months to improve in the areas you mentioned.