

Wellness Wheel

Good Health Leads to a Good and Healthy Life

Choose how you are feeling about each aspect of your life.

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10 9 8 7 6 5 4 3 2 1 excellent poor

There are vatious aspects of life that affect your health in different ways.

All aspects of your life are interconnected. The wellness wheel provides you with a baseline of your overall health and wellbeing.

The questions below are food for thought when thinking about the aspects contribute to your overall health.

Emotional-Coping effectively with life

Do you incorperate things into your life that stimulate your mind? Do you embrace new ideas and new concepts? Do you practice self-forgiveness? Do you have severe emotional changes? Do you have good thoughts that shape your life and actions?

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Physical Wellness-

Do you preform activites for cardiovascular health? Are you happy with your physical health? Do you have a healthy diet? Do you have aches and pains that keep coming back? Do you drink enough water?

Professional Wellness

Do you find meaning in your work? Does your work reflect your values? Are you happy at work and do you enjoy being there?

Social Wellness

Do you feel like you socialize enough? Do you feel inspired by social situations? Do you seek out new and exciting social events regularily? Do you have a support system: friends, family, therapist, or pets/animals?

Spiritual

Do you spend time developing a sense of connection, belonging, and a well-developed support system

Family Wellness

Do you have clear, honest and open communication with your family? Do you spend enough time together?

Relationship Wellness-

Do you feel loved and supported by your spouse? Is your spouse/partner available to listen to your thoughts and concerns? Is the communication between you and your spouse clear and productive?

Financial Wellness

Is your relationship with money healthy? Do you live within your financial means? Is your debt overwhelming? Are you setting a budget and able to live within that budget? Are you saving for your future?