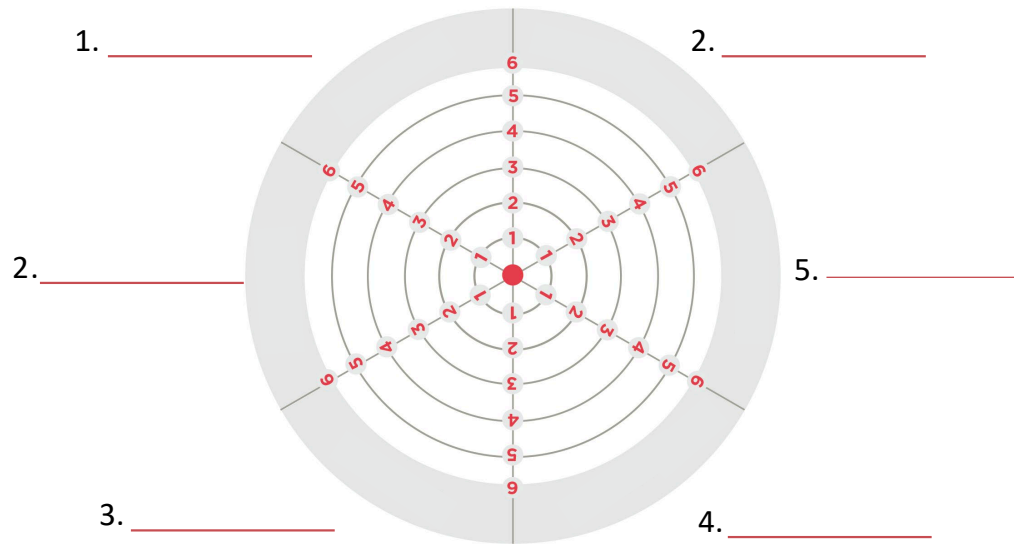


# Wellness Wheel



## How to use the Wellness Wheel:

1. Fill out the dimensions or aspects that you want to work on. You may choose to add more aspects or adjust the importance of the aspects that you choose. You can find examples of some aspects on the next page.
2. Using one color, rate honestly where you are in each of the six aspects.
3. Use a different color to rate where you would like to be in six months' time.
4. Identify one manageable goal to maintain or improve your rating.

Goals	
Aspect	Over the next 6 months I will:
1.	
2.	
3.	
4.	
5.	
6.	

# Wellness Wheel

Below are some examples of aspects or dimensions of wellness that may inspire you as you fill out your Wellness Wheel. Not all of the examples below will be relevant for you. It is important to remember to choose aspects that match what you think are necessary for your well-being. If you find this difficult, you may choose to define what each aspect means for you, and rate them in order of importance.

## Examples of well-being

- Social well-being
- Environmental well-being
- Spiritual well-being
- Physical well-being
- Intellectual well-being
- Emotional well-being
- Financial well-being
- Professional well-being
- Creative well-being
- Romantic/relationship well-being
- Family well-being