

# WELLNESS WHEEL WORKSHEET

## SELF ASSESSMENT & ACTION PLAN

Use this tool to identify areas you want to enhance for your wellbeing. With 8 dimensions of wellness, it can be challenging balancing them all. A good starting place is to evaluate each area against where you would like to be using the scoring key below. Let's get started. **Fill in your score, from 1 to 5 for each dimension using the scoring key. In a separate journal, track why a score might be low, what barriers might be getting in the way and any specific goals to increase your score in the year ahead.**

### 8 DIMENSIONS OF WELLNESS

**Financial:** Satisfaction with current and future financial situations

**Social:** A sense of connection, belonging, and a well-developed support system

**Spiritual:** Expanding our sense of purpose and meaning in life

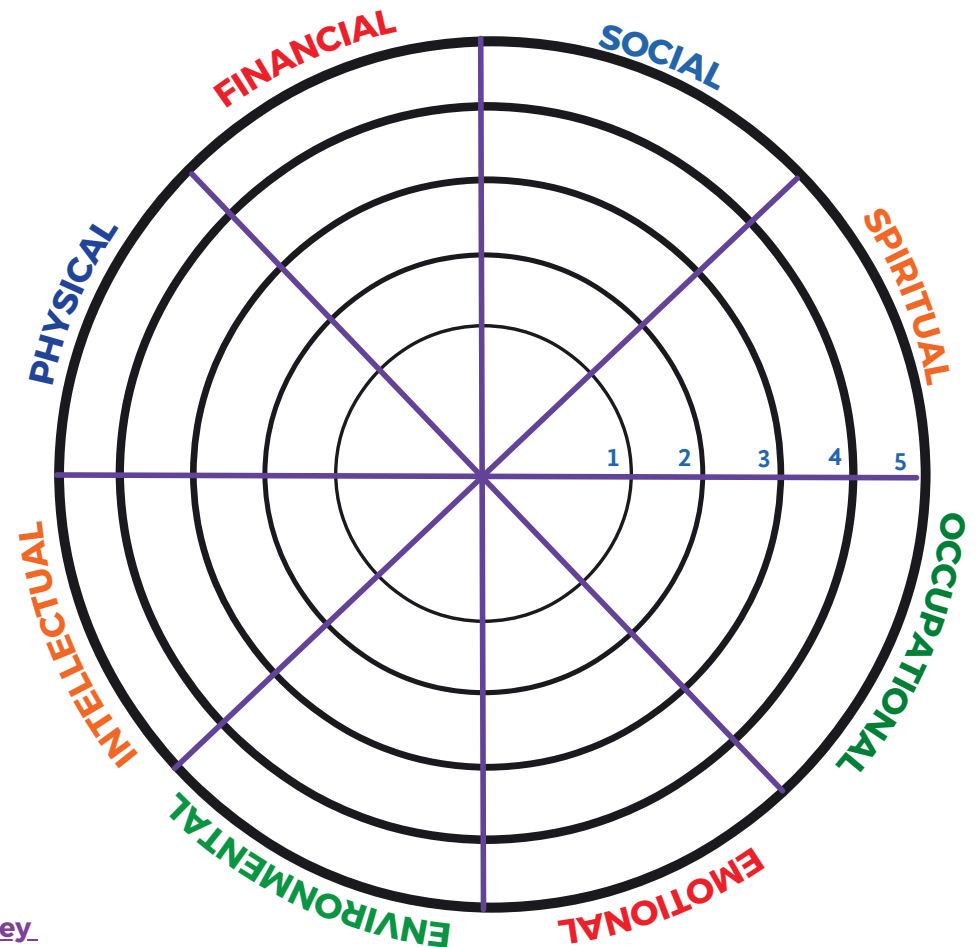
**Occupational:** Personal satisfaction and enrichment derived from one's work

**Emotional:** Coping effectively with life and creating satisfying relationships

**Environmental:** Occupying pleasant, stimulating environments that support well-being

**Physical:** Recognizing the need for physical activity, diet, sleep and nutrition

**Intellectual:** Recognizing creative abilities and finding ways to expand knowledge and skills



#### Scoring Key

- 1) Definitely need to work on this
- 2) Okay, but I can do better
- 3) Pretty solid
- 4) Very satisfied
- 5) Completely happy