Physical
Regular physical activity, Proper nutrition, Medical self–care, Safe physical environment, Eliminating tobacco and alcohol use, Adequate sleep
Emotional
Stress management, Positive attitude, Laughter, Expressing emotions, Maintaining emotional stability, Self-expression
Spiritual
Following personal faith, Personal growth, Enhancing connection between mind and body, Charitable participation, Nurturing the soul, Intersecting beliefs and values with actions
Intellectual
Continuously acquiring knowledge, Career development, Engaging in creative thinking and mental stimulation, Improving verbal skills
Social
Building healthy relationships with community, family, friends,
Awareness of the environment,
Contributing to the community
Financial
Understanding current financial status, Setting financial goals, Eliminating debt, Preparing for emergencies, Budgeting
Wellness Wheel

1. Would your wheel roll smoothly?
2. Is it balanced and well rounded?
3. Do you like the size and shape of your wheel?
4. What areas of your life are you most well and balanced?
5. What areas of your life are you least well and out of balance?
6. What would you change about your wheel?