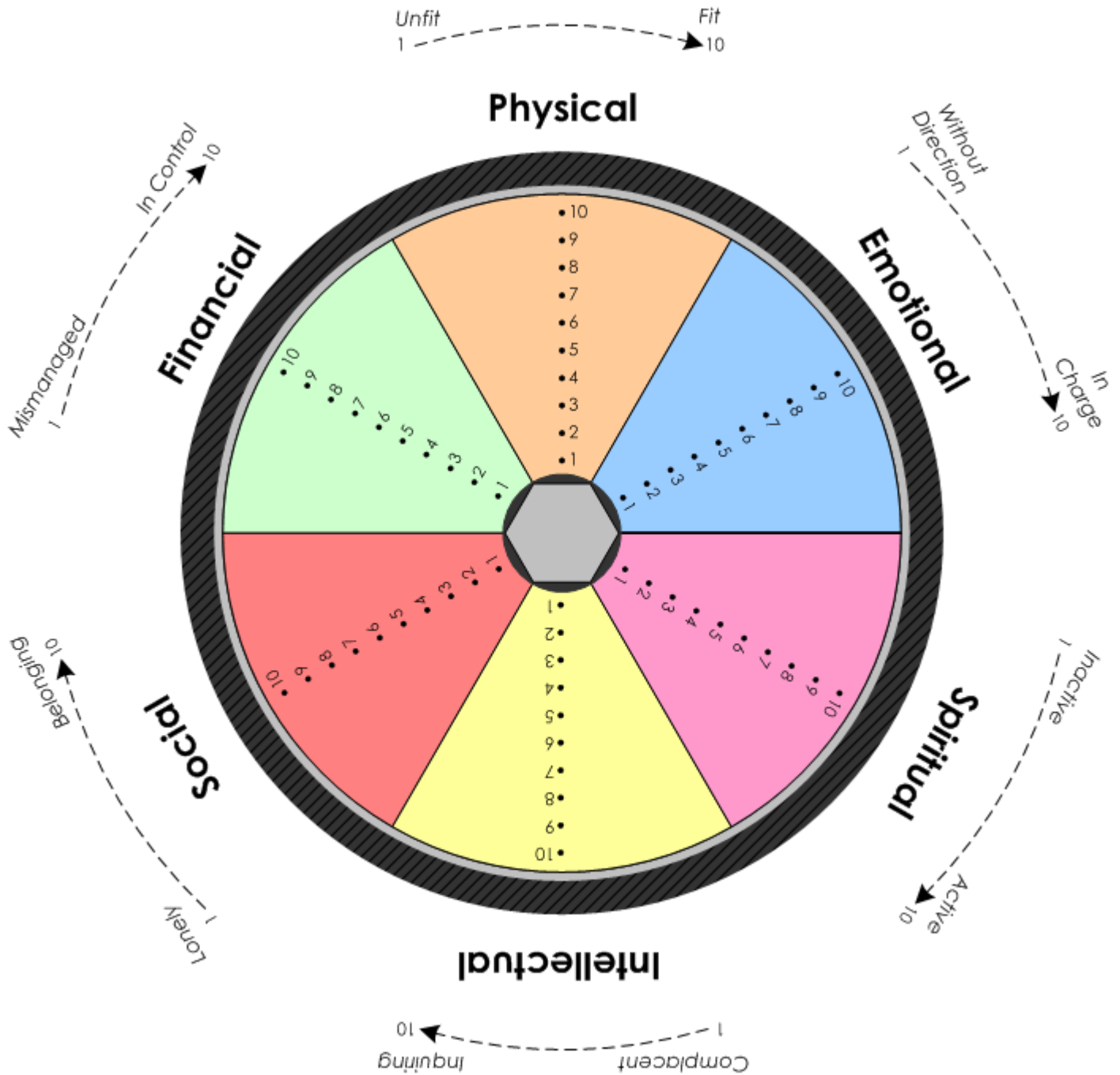


Personal Wellness Check-Up

	Do you...	YES	NO
Physical	✓ Participate in regular physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Eat nutritionally balanced meals?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Get regular physical check-ups, eye and dental exams?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Perform monthly breast or testicular self-examinations?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Always wear your seat belt?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Eliminate tobacco and alcohol use?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Get adequate sleep each night?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Other:	<input type="checkbox"/>	<input type="checkbox"/>
Emotional	✓ Manage stressful situations well?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Maintain a positive attitude?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Laugh often?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Express your emotions appropriately?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Maintain emotional stability?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Positive self-expression?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Other:	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual	✓ Actively follow your personal faith?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Strive for personal growth?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Improve connection between mind and body?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Actively pursue charitable giving and volunteerism?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Nurture your soul?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Values and actions reflect your beliefs?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Other:	<input type="checkbox"/>	<input type="checkbox"/>
Intellectual	✓ Continuously acquire knowledge?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Remain active in career development?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Engage in creative thinking and mental stimulation?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Work to improve verbal skills?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Other:	<input type="checkbox"/>	<input type="checkbox"/>
Social	✓ Build healthy relationships with community, family, friends?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Maintain awareness of the environment?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Contribute to the community?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Other:	<input type="checkbox"/>	<input type="checkbox"/>
Financial	✓ Understand your current financial status?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Set financial goals?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Work on eliminating personal debt?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Prepare for emergencies?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Adhere to a budget?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Other:	<input type="checkbox"/>	<input type="checkbox"/>

WELLNESS WHEEL



Realigning Your Wheel Challenge

*30-Day Challenge: Add at least one activity or action in each area to balance your wheel.
Suggested "To Dos" to find the balance:*

Physical	<ul style="list-style-type: none"> <input type="checkbox"/> Exercise three times per week for 20-30 minutes <input type="checkbox"/> Take the stairs instead of the elevator <input type="checkbox"/> Schedule your annual medical, dental and/or eye exam <input type="checkbox"/> Do monthly self exams (BSE/TSE) <input type="checkbox"/> Use your seat belt <input type="checkbox"/> Limit or eliminate tobacco, caffeine and alcohol use <input type="checkbox"/> Get plenty of sleep <input type="checkbox"/> Drink 64 oz. of water a day. <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Make wise food choices <div style="text-align: right;"> 1. _____ 2. _____ 3. _____ </div>
Emotional	<ul style="list-style-type: none"> <input type="checkbox"/> Vent your feelings to someone you trust <input type="checkbox"/> Hug your kids, spouse or a friend today <input type="checkbox"/> Laugh at least once a day <input type="checkbox"/> Participate in a self-esteem workshop <input type="checkbox"/> Read a self-help book that interests you <input type="checkbox"/> Study time management skills <input type="checkbox"/> Smile at least 20 times a day <input type="checkbox"/> Practice optimism <input type="checkbox"/> Learn to control explosive tempers <input type="checkbox"/> Distance yourself from drama and chaos <div style="text-align: right;"> 1. _____ 2. _____ 3. _____ </div>
Spiritual	<ul style="list-style-type: none"> <input type="checkbox"/> Write down three things that nurture your spirit <input type="checkbox"/> Try yoga or a relaxation technique <input type="checkbox"/> Make a list of your blessings (no material goods) <input type="checkbox"/> Take a walk and enjoy the vastness of the universe <input type="checkbox"/> Strive for peace in your daily life <input type="checkbox"/> Make a list of virtues and values you believe in and work towards incorporating them in your daily life <input type="checkbox"/> Pray for your enemies <input type="checkbox"/> Find meaning in the little things you do everyday <input type="checkbox"/> Make time each day for prayer or personal reflection <input type="checkbox"/> Expose yourself to someone else's personal beliefs <div style="text-align: right;"> 1. _____ 2. _____ 3. _____ </div>

Intellectual

- ☐ Learn something new about a topic that interests you
- ☐ Study a foreign language
- ☐ Read a book or magazine that you find intriguing
- ☐ Learn something new about a different culture
- ☐ Find a quote that inspires you and post it where you can see it
- ☐ Enroll in a class that will enhance your career path
- ☐ Educate yourself about the importance of proper nutrition and exercise
- ☐ Talk to someone with a different viewpoint
- ☐ Visit a museum, see a play or a concert
- ☐ Participate in public speaking

1. _____

2. _____

3. _____

Social

- ☐ Renew a relationship with a friend you have not talked to in a while
- ☐ Volunteer for a service agency in your community
- ☐ Have a family discussion on a topic of your choice
- ☐ Recycle
- ☐ Perform a random act of kindness
- ☐ Plan a family outing
- ☐ Make time for leisure or recreational activities
- ☐ Practice your listening skills
- ☐ Be tactful in dealing with others
- ☐ Send Thank You notes for kind deeds

1. _____

2. _____

3. _____

Financial

- ☐ Balance your checkbook
- ☐ Organize your financial information for easy accessibility
- ☐ Develop and follow a personal budget
- ☐ Create money management goals
- ☐ Attend a financial planning workshop
- ☐ Establish a will, power of attorney and/or living will
- ☐ Save for an emergency fund
- ☐ Calculate your total debt
- ☐ Develop a plan of action to reduce your debt
- ☐ Meet with a financial advisor

1. _____

2. _____

3. _____