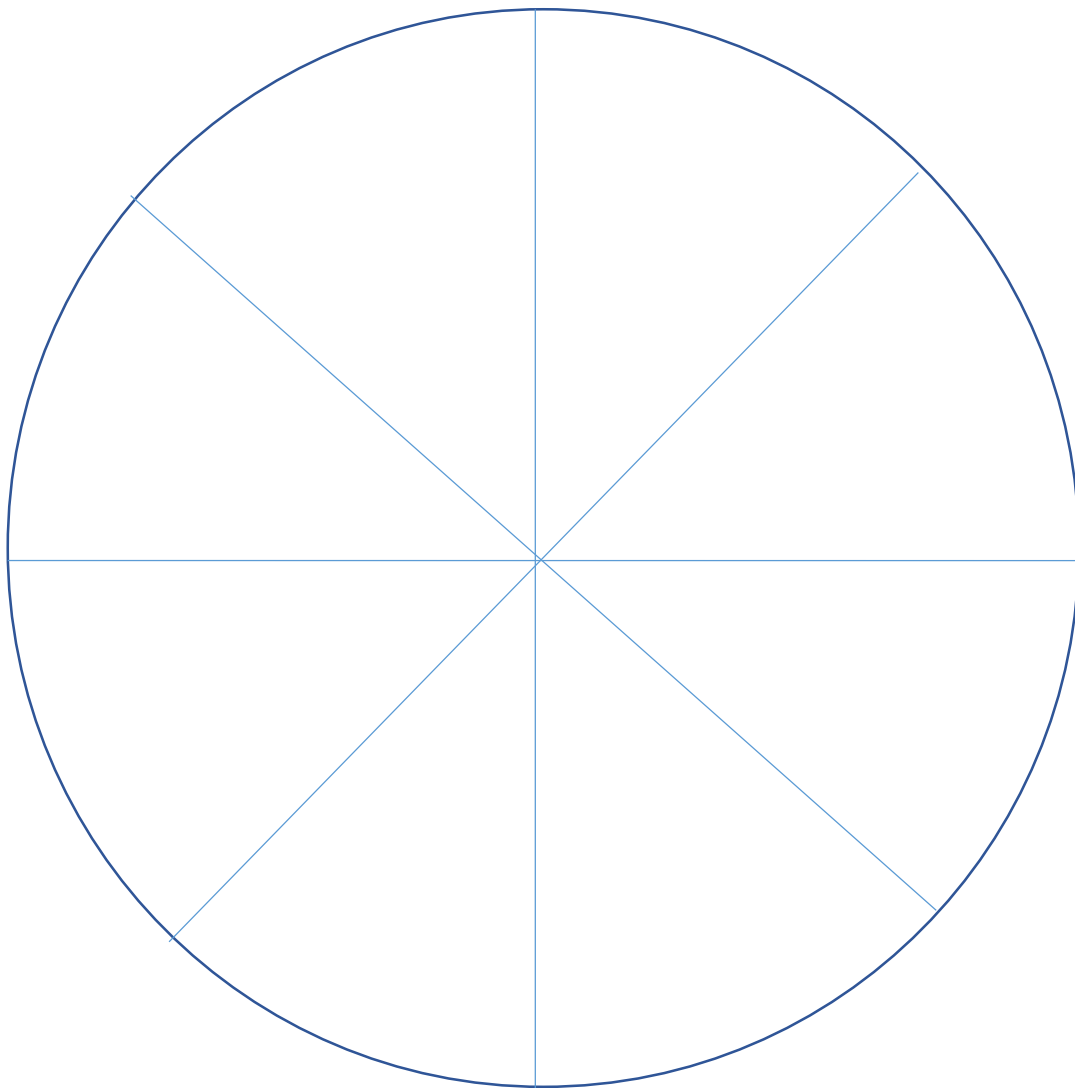


Wellness Wheel

Instructions to create and use your own personal Wellness Wheel

1. The eight sections in the Wellness Wheel represent different aspects of your life related to wellness. They have been left blank so that you can create your own personal wheel. You can use the Dimensions of Wellness wheels on page 2 as inspiration. Just select the dimensions that are most relevant to you. You don't need to have eight.
2. Write in your dimensions in the sections of the wheel below.
3. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each life area by giving each segment a number rating 0-10.
4. Choose a segment where you would like to increase your level of satisfaction. This may not be the one with the lowest score. It's just the one you want to work on for now.
5. Take some time to describe for yourself what your life would look like if you had a 10 in this area. Don't worry about the how, that's something we will create a strategy for in the coaching sessions.



Dimensions of Wellness

These wheels below are two examples of areas of life that impact our wellbeing and sense of wellness. These are shared here to start off your thinking about what dimensions are important for you when you think about your own wellness.

