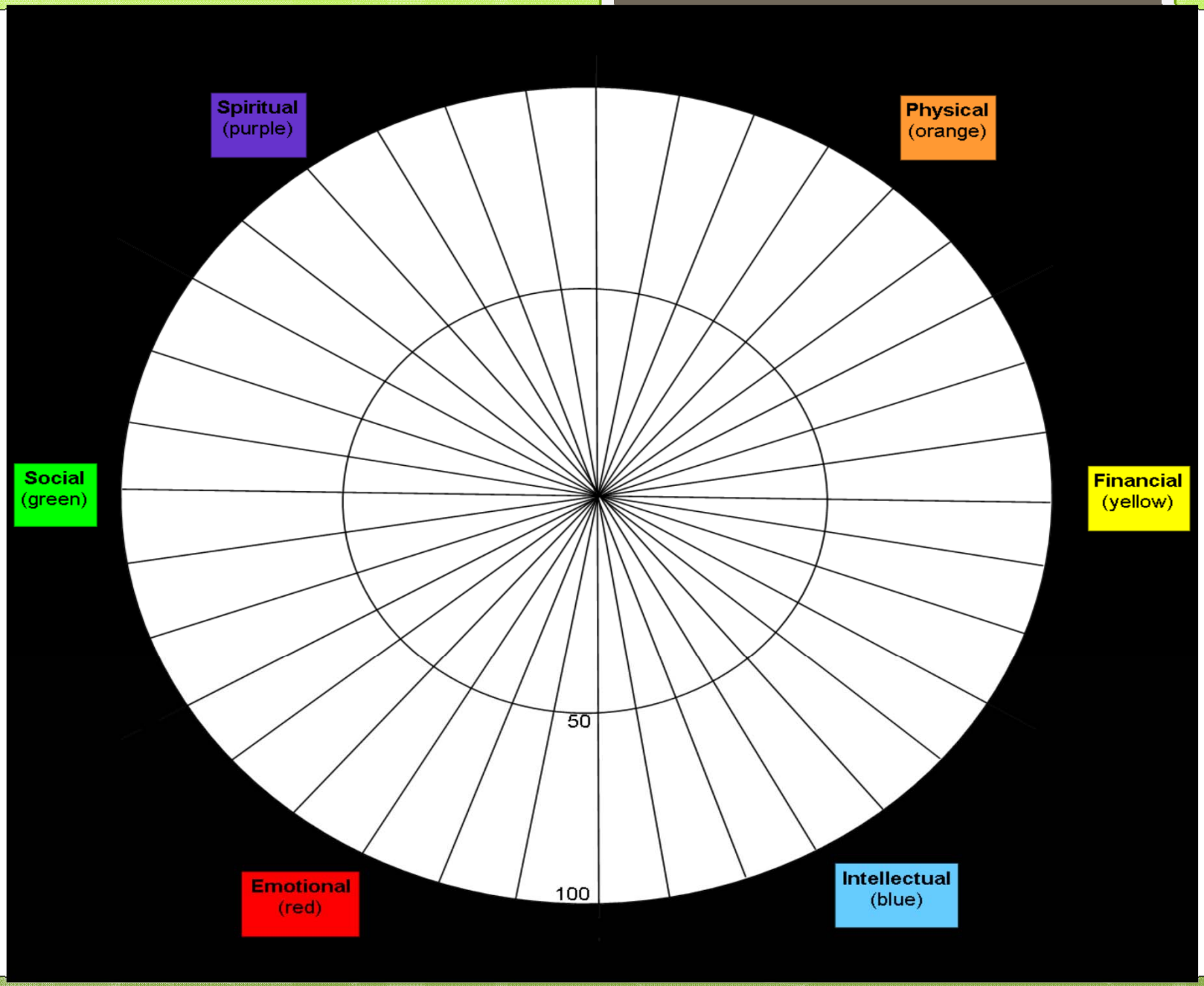
A Balanced Life: The Wellness Wheel


Spiritual
(purple)
Physical
(orange)
Social
(green)
Financial
(yellow)
50
Emotional
(red)
100
Intellectual
(blue)

Activity Instructions

- Read each statement;
- Fill in the corresponding pie-shaped section of the wheel to the degree you are achieving this;
- For example, question #1 is: “I eat a balanced nutritional diet”;
- If you feel you are doing this 100% of the time, color in all of section 1. If you do this 60% of the time, color 60% of the section.
- Complete this for all 36 sections of the wheel.

The Physical Section: Orange

1. I eat a balanced nutritional diet.
2. I exercise at least 3 times per week.
3. I choose to abstain from sex or
   sex is enjoyable and I practice safe sex.
4. I do not use alcohol or use in moderation,
   I am an non-smoker and avoid street drugs.
5. I am generally free from illness.
6. I am a reasonable weight for my height.

The Finance/Occupation Section: Yellow

7. I have a solid balance between saving for the future and spending for the present
8. My beliefs/values surrounding money are harmonious with my behavior
9. What I am doing with work/school has purpose
10. I use money positively, e.g., little or no gambling or excessive massing of goods
11. I have a balance between work/school and the other areas of my life
12. I have financial plans for the future

The Intellectual Section: Blue

13. I have specific intellectual goals, e.g., learning a new skill, a specific major
14. I pursue mentally stimulating interests or hobbies.
15. I am generally satisfied with my education plan/vocation.
16. I have positive thoughts (a low degree of negativity and cynicism).
17. I would describe myself as a life long learner.
18. I commit time and energy to professional and self-development.

The Emotional Section: Red

19. I have a sense of fun and laughter.
20. I am able to feel and label my feelings.
21. I express my feelings appropriately.
22. I have a sense of control in my life and I am able to adapt to change.
23. I am able to comfort or console myself when I am troubled.
24. Others would describe me as emotionally stable.

The Social Section: Green

25. I am able to resolve conflicts in all areas of my life
26. I am aware of the feelings of others and can respond appropriately
27. I have at least three people with whom I have a close trusting relationship
28. I am aware of and able to set and respect my own and others boundaries
29. I have satisfying social interaction with others
30. I have a sense of belonging/not being isolated

The Spiritual Section: Purple

31. I practice meditation, pray or engage in some type of growth practice
32. I have a general sense of serenity
33. I have faith in a higher power
34. I have a sense of meaning and purpose in my life
35. I trust others and am able to forgive others and myself and let go
36. Principles/ethics/morals provide guides for my life

Reflection – Action Planning Guide

- Remember:
  - Each person is unique
  - There is no “right” or “wrong” wheel
  - Responses will vary depending on age and stage of life
- Consider the wheel you have created a source of feedback.
- Feedback is something we can choose to use or ignore.

Reflection

- Which section of your wheel has the most color?
- Which section of your wheel has the least color?

Goal Setting

- As a result of doing this assessment, I intend to improve my life balance by…
- My first step will be…
- I will share my plans with _____ and will ask for their support by saying "_____."
- I will review my progress on . (Date)