

Wheel of Life and Wellness Activity

Think about the following areas of your life and wellness. Which ones do you want to highlight and put more value on/pay more attention to?

Overall quality of life	Social life
Overall wellness	Relationships
Spiritual life/journey	Home environment
Leisure	Emotional
	Intimacy/Sexual
Overall Health (physical, mental, etc.)	Communication
Self-care	
Physical/Movement/Exercise	Playfulness
Mind-Body Connection	Feeling
Nutrition	Thinking
Hydration	Sensing
Rest	Joy
Breathing	Meaning/valuing time
	Self-confidence
Intellectual/education/lifelong learning	Feeling free
Career/ Professional development	Balance
Financial health	Environmental
Technology Use	

Next:

- *What else do you want to add to this list? (These may be subcategories.)*
- *Add your ideas to the list above and then choose your top priorities (The wellness topics you choose should be the ones you think are most important for your wellness even if you still desire improvement.)*
- *Now, take out the Wheel. Add one topic/priority to each spoke on the Wheel provided (or draw your own wheel). Add as many spokes as you need.*
- *Once you add the topics to the spokes on the wheel, think about each topic of wellness and where you feel you are with respect to it – from least desirable place to most desirable place. Your range is the most inner part of the circle (the bulls eye) is the LEAST desirable place, and the outer circumference of the circle is the MOST desirable place.*
- *Put a mark or dot on each line/spoke for where you are in relationship to that topic.*
- *When you are done making dots on each spoke, connect your dots. (Color it in if you wish!)*
- *Take a look and reflect on your Wellness Wheel*
- *Set some wellness goals. Give yourself permission to make these things a priority.*
- *Look at your wheel and goals often.*
- *Repeat this exercise as desired!*

