

Instructions for the Wellness Wheel

- 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.

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, am a non-smoker, and avoid drugs that are not prescribed by my physician.
5. I am generally free from illness.
6. I have 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 wisely, 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 recognize 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.

Adapted from Source: <http://www.nwmissouri.edu/wellness/PDF/shift/BalancingYourWellness.pdf>

