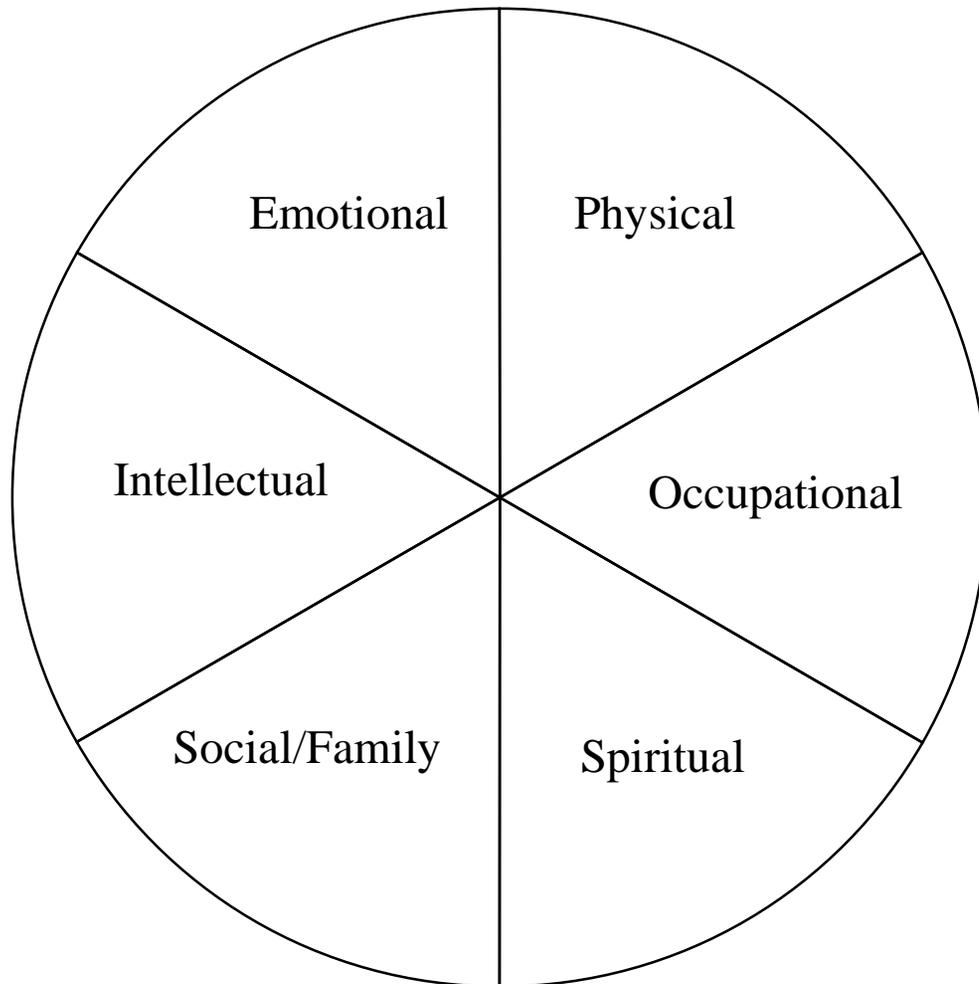


# Wellness Wheel

Wellness is a lifelong journey. It is an active process of making choices and commitment within the six dimensions of wellness. The wellness wisdom wheel will help you better understand how the six dimensions work independently and together. Using a crayon, start at the center of the wheel and color the area that illustrates your satisfaction with each wellness dimension in your life. This will create a new outer edge. How smoothly will your wheel roll?



**Emotional**: awareness of feelings-thoughts-philosophies, able to express feelings freely, positive & enthusiastic, assessment of limitations, relaxation, coping with stress, support from others, take responsibility for actions, take risk, recognize conflict

**Physical**: physical activity, recreation, sports, physical checkups, self-care, health, energy level, nutrition, weight management, self image, posture, personal hygiene, sleep and rest patterns

**Occupational**: current situations, vacations, educational opportunities, retirement plans, insurance, benefits, sense of fulfillment, potential growth, challenge offered, camaraderie, satisfaction, self-improvement, business skills, helping others, developing staff

**Spiritual**: personal philosophy, commitment, tradition, church affiliation, faith, prayer life, spiritual fulfillment, feeling of tapping into a greater power, meaning of life

**Social/Family**: relationships, social skills, community involvement, charitable efforts, friendships, reputation, clubs organizations, service to country, parenting skills, family activities, reunions, values shared, love relationship, vacations

**Intellectual**: continuing education, mentors, hobbies, music, significant ideas, formal education, growth experiences, creative activities, cultural growth, attitudes

**\*National Wellness Institute**