Wellness Wheel Activity

Take a moment to Self-Assess on the image below. Connect the components to visualize the health, symmetry and alignment of your Personal Wellness Wheel. Give yourself a 1-10 point rating for the statements below (10 is super, 1 needs work.)

**Environmental:** I recognize my responsibility to make a positive impact on the quality of our environment.

**Financial:** I understand my financial situation and am prepared for any financial changes.

**Intellectual:** I have the desire to be a lifelong learner and welcome new experiences and ideas in order to continue growing.

**Occupational:** I find fulfillment in my current job and know that it has meaning.

**Physical:** I exercise regularly and focus on eating well.

**Psychological:** I am able to understand, control, and express emotion freely.

**Social:** I am to connect, communicate and get along with the people I am surrounded by.

**Spiritual:** I have a strong understanding of my place and purpose in life.