Wellness Wheel Activity

During this odd time it is important that we do a self-check on our overall health/wellness.

The goal is to stay balanced, find areas to continue to grow and stay well.

You can complete the questions and then fill in your wheel to get a sense of where you are. Look at the flat spots and try to find an activity that fills the void.

WELLNESS WHEEL ACTIVITY

Directions: Answer the following questions and score at the end of each section. Colour the section of the wheel with the appropriate score.

1. Physical I am active for at least 30-60 minutes a day. Yes\_\_\_ No\_\_\_

 I eat fresh fruits and vegetables, and include fibre in my daily diet. Yes\_\_\_ No\_\_\_

I eat breakfast every morning. Yes\_\_\_ No\_\_\_

 I drink at least 4-6 glasses of water a day. Yes\_\_\_ No\_\_\_

 I get enough sleep so that I feel rested and alert. Yes\_\_\_ No\_\_\_

Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_ Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_ Total \_\_\_\_\_\_\_

2. Social I get along well with my family. Yes\_\_\_ No\_\_\_

 I develop and maintain strong friendships. Yes\_\_\_ No\_\_\_

 I help others in need. Yes\_\_\_ No\_\_\_

I have friends who support a positive lifestyle. Yes\_\_\_ No\_\_\_

My behaviour reflects a positive attitude. Yes\_\_\_ No\_\_\_

 Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_ Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_ Total \_\_\_\_\_\_\_

3. Emotional I have a good sense of humour. Yes\_\_\_ No\_\_\_

 My sleep is restful, I receive adequate sleep. Yes\_\_\_ No\_\_\_

 I am able to express my feelings appropriately. Yes\_\_\_ No\_\_\_

 I relax my body and mind without using drugs. Yes\_\_\_ No\_\_\_

 I feel positive about myself. Yes\_\_\_ No\_\_\_ Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_ Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_ Total \_\_\_\_\_\_\_

4. Intellectual I am interested in learning new concepts and skills. Yes\_\_\_ No\_\_\_

I listen to radio, watch TV, read a newspaper to be aware Yes\_\_\_ No\_\_\_ of current events.

 I read 6 or more books a year. Yes\_\_\_ No\_\_\_

 I am interested in understanding the views of others. Yes\_\_\_ No\_\_\_

 I understand that I will be a lifelong learner. Yes\_\_\_ No\_\_\_ Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_ Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_ Total \_\_\_\_\_\_\_

1. Spiritual I spend time thinking, wondering or writing about my life and its Yes\_\_\_ No\_\_\_ meaning (prayer, meditation, journal writing).

I am part of something greater than myself. I realize that my actions Yes\_\_\_ No\_\_\_ affect those around me as well as myself.

My beliefs demonstrate a respect for myself as well as others. Yes\_\_\_ No\_\_\_

I enjoy being outside and experiencing the wonders of nature Yes\_\_\_ No\_\_\_ (solitude, energy level, appealing to the senses).

 I am optimistic. Yes\_\_\_ No\_\_\_

Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_ Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_ Total \_\_\_\_\_\_\_



Identify two areas that are not where they should be or you feel that you need to improve. Implement two changes that will help with these areas of your wellness.