

These questions can help individuals assess their well-being in each dimension and identify areas where they may need additional support or resources.

★ Start by scoring each question

20 Points (I'm good here)
15 Points (I need some help with this)
5 Points (I definitely need help in this area)

★ Add up your total for each wellness section

★ Fill out your personalized wellness wheel

Your Score

1. Emotional Wellness:

- How often do you feel in control of your emotions?
- Do you have healthy coping mechanisms for managing stress?
- How often do you experience feelings of anxiety or depression?
- Are you able to express your emotions openly and honestly?
- Do you feel a sense of inner peace and contentment?

Your Score

2. Physical Wellness:

- How often do you engage in physical activity or exercise?
- Do you eat a balanced diet with plenty of fruits and vegetables?
- How restful is your sleep on most nights?
- Do you experience chronic pain or discomfort?
- How often do you experience fatigue or low energy levels?

Your Score

3. Social Wellness:

- How often do you engage in social activities or spend time with friends?
- Do you have a support system of friends and family you can rely on?
- How connected do you feel to your community or social groups?
- Do you feel isolated or lonely at times?
- How comfortable are you in social situations?

Your Score

4. Intellectual Wellness:

- How often do you engage in activities that stimulate your mind?
- Do you enjoy learning new things and challenging yourself intellectually?
- How confident are you in your intellectual abilities?
- Do you have opportunities for growth and development in your personal or professional life?
- How often do you feel mentally stimulated and engaged?

Your Score

5. Occupational Wellness:

- Are you satisfied with your current job or career path?
- Do you feel a sense of purpose and fulfillment in your work?
- How well do you balance work responsibilities with personal life?
- Do you experience stress or burnout related to your job?
- How often do you feel motivated and passionate about your work?

Your Score

6. Environmental Wellness:

- How connected do you feel to the natural world around you?
- Do you make efforts to minimize your environmental impact?
- How comfortable and safe is your living environment?
- Do you experience stress related to your living or working environment?
- How often do you feel at peace and in harmony with your surroundings?

Your Score

7. Spiritual Wellness:

- Do you have a sense of purpose and meaning in your life?
- How connected do you feel to your spiritual beliefs or practices?
- Do you find solace and guidance in your spiritual beliefs?
- Do you experience existential questions or doubts about your purpose in life?
- How often do you feel spiritually fulfilled and at peace?

Your Score

8. Financial Wellness:

- Are you able to meet your financial obligations without difficulty?
- Do you have a budget or financial plan in place?
- How often do you worry about money or financial stability?
- Are you able to save money for future goals or emergencies?
- Do you feel confident in your ability to manage your finances effectively?

WHEEL OF LIFE

Using your scores from above color in the corresponding section with your score.

If you scored 100 points fill in the full pie piece.

If you scored 20 points then color in about 20 percent of the pie piece

