

# WELLNESS WHEEL

Read each statement and fill in the corresponding section of the wheel to the degree you feel is accurate for you.

Example: Question #1 is "I can feel and understand my emotions." If you do this 100% of the time, fill in all of section 1. If you do this 50% of the time, fill in 50% of the section.

After completing each statement, identify a campus resource to enhance each dimension.

Remember, this is about harmony and finding areas that we can improve on!

## EMOTIONAL

1. I am able to feel and understand my emotions
2. I am able to express my feelings appropriately
3. I have a sense of control in my life
4. I am able to find comfort in myself or others when troubled
5. I understand the importance of maintaining my mental health

## ENVIRONMENTAL

6. I take time to enjoy nature
7. I make sure to throw my trash away in the proper bins
8. I live in an environment that makes me happy
9. I feel safe in my community
10. I understand the impact of my actions on the planet

## FINANCIAL

11. I use money positively (e.g., no excessive purchases, little or no gambling)
12. I have financial plans for the future
13. I spend money on personal growth
14. My beliefs/values surrounding money match my behavior
15. I understand the basics of personal finances (taxes, credit score)

## INTELLECTUAL

16. I have specific scholarly goals
17. I pursue mentally stimulating interests and hobbies
18. I would describe myself as curious and a life long learner of my passions
19. I commit time and energy to develop my intellect
20. I take initiative to learn outside of my college courses

## OCCUPATIONAL

21. What I'm doing with college courses/jobs has purpose
22. I have a healthy balance of work, school, and other life commitments
23. I'm taking advantage of opportunities around me
24. I seek constructive criticism to grow professionally
25. I am working towards what I enjoy

## PHYSICAL

26. I am generally free from illness
27. I eat a balanced, nutritious diet
28. I get a quality 7-9 hours of sleep each night
29. I do not use alcohol or use in moderation, am a non-smoker and avoid street drugs.
30. I exercise at least 150 minutes per week

## SPIRITUAL

31. I have a sense of meaning and purpose in my life
32. My morals, values, and ethical principles provide guides for my life
33. I have a general sense of balance and peace
34. I understand my purpose in life
35. I meditate, pray, or self reflect to engage in self-growth practice

## SOCIAL

36. I have satisfying social interactions with others
37. I have at least 3 close, trusting relationships
38. I am able to resolve conflicts
39. I am aware of others' feelings and can respond appropriately
40. I am aware of, able to set, and respect my own and others boundaries

NAME:  
DATE:

STRONGEST  
DIMENSION:

DIMENSION  
TO DEVELOP:

**SOCIAL**

**EMOTIONAL**

**ENVIRONMENTAL**

**SPIRITUAL**

**OCCUPATIONAL**

**INTELLECTUAL**

**WELLNESS  
WHEEL**

Social Resource

Emotional Resource

Environmental Resource

Spiritual Resource

Financial Resource

Physical Resource

Occupational Resource

Intellectual Resource



