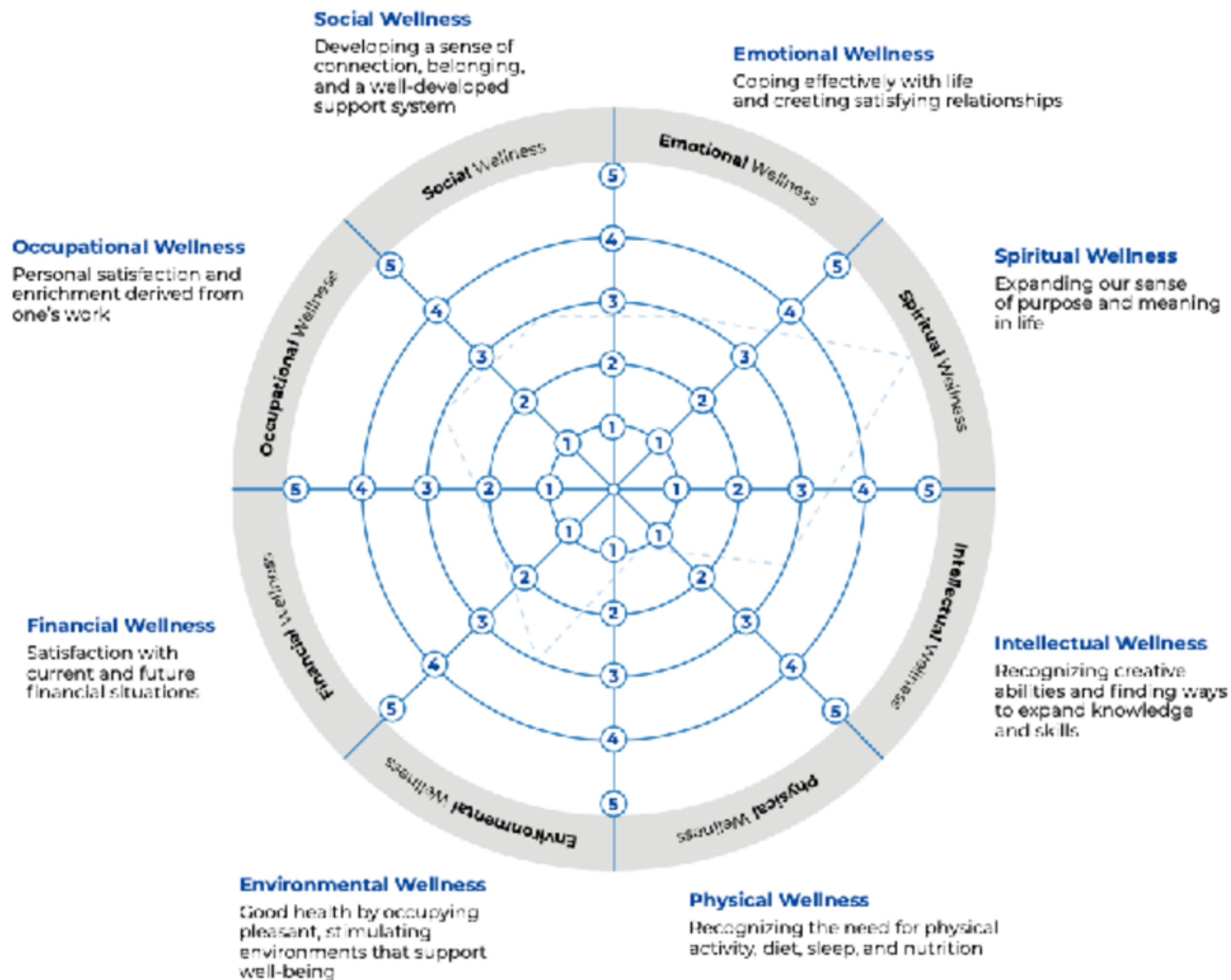


Wellness Wheel Worksheet



Our wellness wheel helps to show us where we are with each of the Eight Dimensions of Wellness. Throughout your life there will be fluctuations in each dimension, but we can take an inventory of where we are in each category at this moment. By looking at each dimension we can see which areas we are doing well in and which need improvement. Addressing our areas of weakness (while still being aware of our strengths) will allow us to improve our overall Wellness.

For this activity you will answer all six questions a Dimension of Wellness (e.g. Physical) by choosing the number that you feel best answers the question. Then you will add the numbers together to get your total for each section and divide that number by six to get your average score. An average score of:

- 4 or 5- This is a strong area for you and while specific aspects might need work, overall you are doing well and might want to focus on other areas