

The Wellness Wheel

How can you start proactively looking after your own well-being?

One thing you can do is turn inwards and pay honest attention to your current state of affairs. A simple way to do this is to practice using the wellness wheel. This is a commonly found exercise with a few versions, but here's our approach. We invite you to complete this activity before you read further so you can reflect on your discoveries.

- Using the blank wheel on the next page, label each piece of the pie with an area of wellness that is relevant to you. Some of the most common are physical, mental, emotional, relational, spiritual, financial, work, leisure, home management, and personal development.
- For each piece, draw a line from the centre of the circle to the edge of that piece to represent a scale, with the centre being zero and the outer edge being a five (or use a larger scale if you prefer).
- For each area, rate your satisfaction, with five being satisfied and fulfilled, and zero being unsatisfied and lacking.

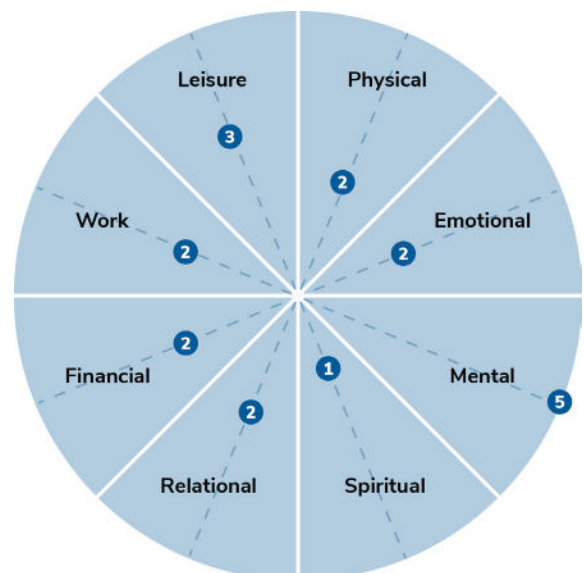
Some areas will be more satisfactory, and others will need work. The goal here isn't to have a perfectly balanced wheel, but to gain awareness that can lead to proactive attention and action.

We invite you to consider the following questions to help you pay close attention to how you're feeling as you complete this activity:

- Where do your thoughts go?
- Are there any areas of your body that draw your attention? What's happening there?
- Does this bring up any emotions for you?
- Does the amount of energy you're investing in each area reflect your satisfaction with that area?

As you complete this exercise, we also invite you to notice any judgements you may have and suspend them. We encourage you to be gentle with yourself and treat yourself with compassion and grace, regardless of what this activity reveals to you.

EXAMPLE



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