

# Wellness Wheel

Name:

Accountability partner:

Check in frequency:

The seven sections in the wheel represent various dimensions of your life. Rank your level of satisfaction with each area on a scale of 1 to 10. A score of 1 means you're struggling and feel unfulfilled in that area. A score of 10 means you're completely satisfied and don't feel the area needs much improvement. Go with your gut feeling for this exercise.

Color the number of spaces on the wheel that match your ranking, starting from the inside and working outward. Once you're done, you should be able to see which areas need improvement and which ones you're satisfied with.



## Reflection

1. Which areas do you want to focus on improving right now?

Social, financial, vocational

2. Why do you want to improve these areas?

I feel isolated from friends and family, it's affecting my mental health. I've also been stressed about debt because my job isn't paying well enough, and I want more stability and security

3. When you envision fulfillment in these areas, what do you picture?

I want to meet my friends more and feel supported by my family. At the very least, I want to see them in game nights and dinner parties, and be with them in occasions that aren't sad. I want to have no more debt and have more savings, and be able to open a bill without feeling sad or frustrated. I want to have a better-paying job, enough to build up savings and even invest in something meaningful.

4. What types of activities and practices would help you feel more fulfilled in these areas?

I will start by reaching out to friends and making plans for regular hangouts. I'll also make a budget, stick to it, and set aside a small piece for savings. I'll also learn more about finance and start looking for a new, better job.

5. Write what you plan to do for the next 3-6 months to improve in the areas you mentioned.

I'll organize a get-together with friends monthly, I'll join a club I'm interested in. I'll also call my family regularly. I'll cut unnecessary expenses for now, and I'll start rewriting my resume so that I can find a better job. I'll pay off one credit card and start an emergency fund within the next six months.