

Wellness Wheel

Understanding the Wellness Wheel

This wellness wheel is designed to help you reflect on different areas of your life and identify where you may feel supported, where you may want additional support, and where you would like to see positive change. Completing this exercise is an opportunity for self-reflection and does not measure your success or worth. There are no right or wrong answers, and you are always in control of what you choose to share with your advocate.

The eight sections of the wheel on the next page represent different areas of your life. For each area, rate your current level of satisfaction from 1 to 10:

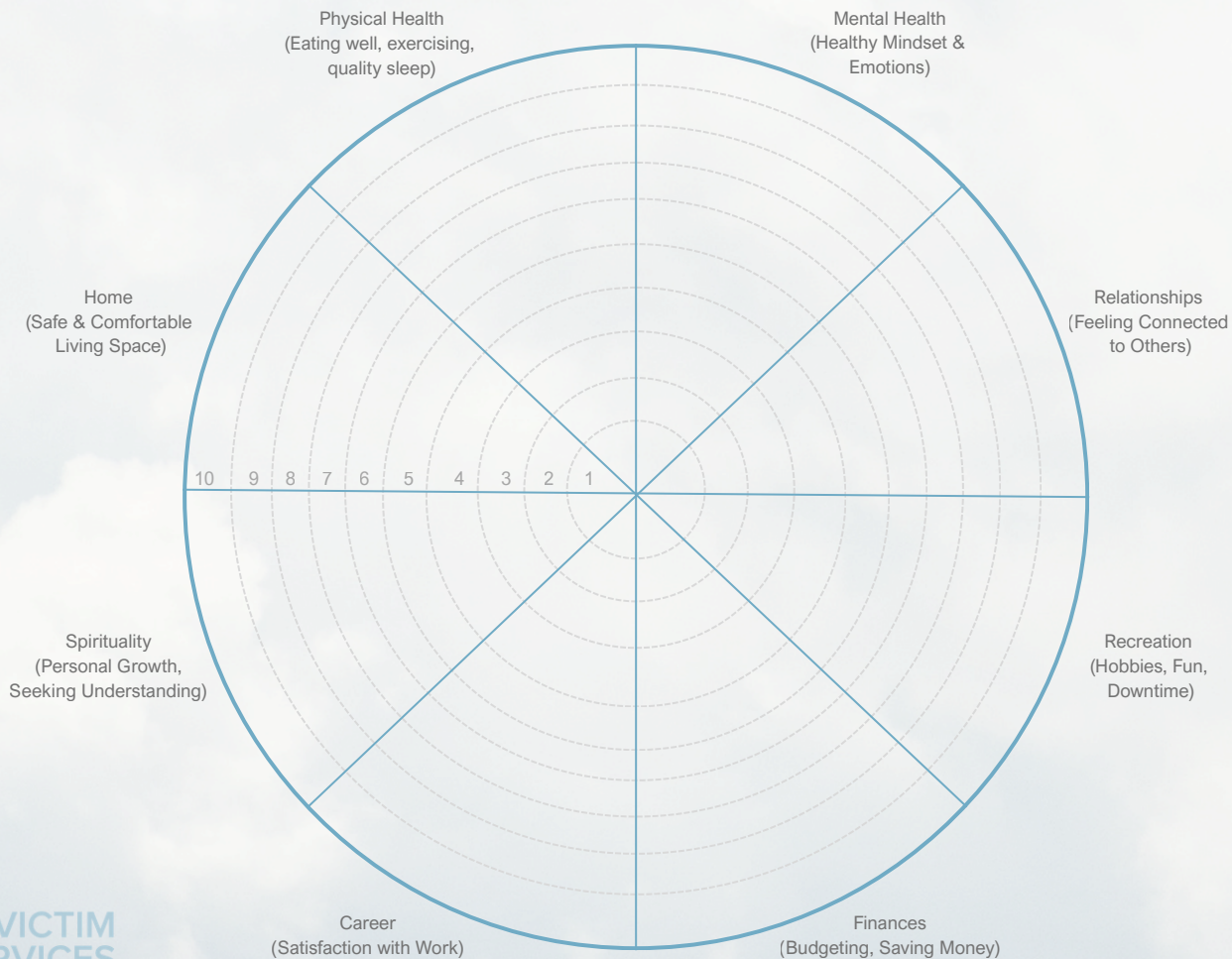
- 1 means you are experiencing significant challenges or feel that this area is not meeting your needs right now.
- 10 means you feel satisfied, supported, and comfortable with this area of your life.

Choose the number that feels most accurate for you today. Trust your instincts and answer honestly—your responses are meant to reflect your experience and your needs, not anyone else's expectations.

After rating each area, color in the corresponding number of spaces on the wheel, beginning with the center and working outward. When completed, the wheel can provide a visual representation of the areas where you feel most supported and those where you may want to explore additional resources, support, or opportunities for change.

Remember that healing and well-being are personal and ongoing. You do not need to address every area at once, and you are not expected to make changes before you are ready. Your advocate can support you in identifying goals that feel meaningful and manageable for you.

Your advocate may invite you to complete the wellness wheel again at a later time. Revisiting the exercise can help you notice changes over time, recognize progress, and identify areas where your needs or priorities may have shifted.



Wellness Wheel Follow-Up

What score did you give each area?

Physical: ____/10	Mental: ____/10	Home: ____/10	Relationships: ____/10
Spiritual: ____/10	Recreation: ____/10	Career: ____/10	Finances: ____/10

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

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

Follow-Up Continued...

What types of activities and practices would help you feel more fulfilled?

What actions can you take in the next 3-6 months to improve these areas?