

Wellness Wheel



Model of Personal Wellness: 8 Dimensions of Wellbeing - University of Michigan

This exercise helps you to assess where you are in the present moment. It will provide you with a good foundation to help you commit to small action steps toward your overall goals. On a scale from 1 to 10, with 10 being the highest, rate your current level of satisfaction with each area of wellness.

Descriptions	Rate (Scale 1 - 10)
Physical: The role that you take in maintaining your body for strength, vitality and energy.	
Emotional and Mental: Being aware and managing your feelings, being at peace with who you are, and having the tools you need to navigate life's ups and downs.	
Environmental: Reflects the impact your environment (home, school, city, planet) has on you and the impact you have on the environment.	
Financial: Your relationship with money and skills for managing resources, as well as your ability to make good consumer choices and seek out appropriate financial opportunities.	

Occupational: The work you choose to do and how it contributes to your community and fulfills you.	
Social: How you choose to define and connect with your community and the people around you.	
Intellectual: Feeling stimulated and engaged with learning and staying open to new ideas and perspective.	
Spiritual: Your understanding of your place and purpose, how you make meaning of what happens to you, and what your mind goes to for comfort or relief.	

Answer the following questions:

- Review your ratings. What area jumps out at you? Why?

- Which one area currently has the biggest impact on you? Why?

- Which area would you like to increase?

- Why is this area important to you?

- What steps can you take to increase this area?