

Wellness Wheel



The Wellness Wheel is a holistic model that emphasizes the balance of key areas in life: Environmental, Physical, Financial, Occupational, Social & Relational, Creative & Intellectual, and Emotional Wellness. Each area plays a vital role in overall well-being, and by nurturing them, individuals can create a healthier, more balanced life.

The concept behind the Wellness Wheel is that all these dimensions are interconnected. For instance, a fulfilling career can enhance emotional wellness, and strong relationships can support physical health. Regularly assessing each area helps identify where improvements can be made, guiding individuals toward a more harmonious and fulfilling life.

How to Use the Wellness Wheel

Take a moment to assess how you're doing in each area of life. Rate your current satisfaction in each category on a scale from 1 to 10, with 1 being low and 10 being high. Reflect on where you may need improvement and where you're thriving. Use this insight to set small, achievable goals for areas that need attention. Regularly revisiting the wheel will help you stay balanced and focused on nurturing your overall well-being.

Environmental Wellness is about living in harmony with your surroundings and creating a healthy, sustainable environment. It involves being mindful of the spaces you live and work in and the impact your lifestyle has on the planet.

Do I feel comfortable and safe in my living and working spaces?
Is my environment clean, organized, and conducive to relaxation and focus?
Am I making choices that minimize my environmental impact?

Physical Wellness refers to taking care of your body through regular exercise, proper nutrition, sleep, and managing stress. It's about maintaining a healthy lifestyle to ensure longevity and vitality.

Do I engage in regular physical activity that challenges my body?
Am I eating a balanced and nutritious diet?
Am I getting enough sleep and managing stress effectively?

Financial Wellness involves feeling secure about your financial situation, understanding your financial goals, and managing money in a way that reduces stress and supports your well-being.

Do I feel confident in my ability to manage my finances?
Am I saving for the future and planning for big financial milestones?
Do I feel stressed about my current financial situation?

Occupational Wellness focuses on finding satisfaction in your work or career. It involves a sense of purpose, work-life balance, and the ability to grow and develop in your professional life.

Do I feel fulfilled and challenged in my work?
Am I maintaining a healthy balance between work and personal life?
Do I feel my work aligns with my values and goals?

Social & Relational Wellness focuses on healthy, meaningful relationships with others. It includes maintaining positive connections with family, friends, and coworkers, and developing strong communication skills.

Do I have supportive, fulfilling relationships in my life?

Am I able to communicate openly and honestly with the people I care about?

Do I feel a sense of belonging in my social circles?

Creative and Intellectual Wellness is about stimulating your mind through learning, exploring new ideas, and expressing yourself creatively. It's about fostering curiosity and staying mentally active.

Am I regularly learning new things or challenging my mind?

Do I engage in creative activities that allow me to express myself?

Do I feel mentally stimulated and fulfilled?

Emotional Wellness involves understanding and managing your emotions in a healthy way. It's about having a positive outlook, being able to cope with life's challenges, and nurturing your emotional health.

Am I able to cope with stress and difficult emotions in a healthy way?

Do I feel emotionally balanced and at peace with myself?

Do I express my emotions openly and healthily with others?

Existential Wellness focuses on finding meaning, purpose, and fulfillment in life. It involves understanding your values, passions, and goals, and ensuring that your actions align with your deeper sense of purpose. It's about navigating life's challenges with a sense of direction and inner peace.

Do I feel connected to a sense of purpose in my life?

Am I living in alignment with my values and beliefs?

Do I engage in activities that give my life meaning and fulfillment?