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**How WELL Is Your *Wellness Wheel* Rolling?**

**INSTRUCTION:**

1. Read the description that relates to each dimension of wellness then rate yourself on a scale from **1 (low) to 5 (high)** by circling the score that best reflect how you feel you are doing.
2. Go to the Wellness Wheel that is connected to the dimension of wellness and put an ‘X’ on the corresponding portion of the dotted line. *For example, if you rate yourself a 3 below for physical wellness*, *then on the dotted line your ‘X’ should be on the middle of the line that connects physical wellness to yourself.*
3. Connect the X’s. I’d should look like a circle or not! This will depend on how you score yourself in each area.
4. REMEMBER: This is okay! This is a self-assessment and its only purpose is to help you to see the areas of your life that may need some TLC - tender *loving care.*

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| **DIMENSION OF WELLNESS** | **DESCRIPTION** | **SCORE** |
| **PHYSICAL**  ***(Overall health)*** | * Are you eating well-balanced meals? * Do you get regular exercise? * Do you get enough sleep? * Do you receive preventative medical and dental care and sexual health screening (if you are sexually active)? * Having a long-term illness does not necessarily mean you need to give yourself a low score. The main thing is whether you are doing everything within your control to improve or regulate your condition in the above areas. | 1.  2.  3.  4.  5. |
| **SOCIAL**  ***(Relationship with others)*** | * Do you have a supportive network that is accessible? * Consider the key relationship you have whether it is with your husband/wife/partner/friend or family member. Where do you feel it is at? Where would you like it to be? * A vital component of life is the need to get on and interact with people. How comfortable are you in social situations? | 1.  2.  3.  4.  5. |
| **EMOTIONAL**  ***(Relationship with self and one’s attitude towards life)*** | * Who are you? Are you able to connect and express your emotions in a healthy way? * Attitude is vital and can influence every aspect of your life. Is your glass half-full or half-empty? * Are you a positive person who notices all the good things that happen and comes up with solutions when things don’t go as planned or do you always expect the worse and the worse always seems to happen? | 1.  2.  3.  4.  5. |
| **FINANCIAL**  ***(How you relate to money)*** | * This is how you feel about your financial situation - current and future? * Are your finances creating huge stress in your life? * Are you spending money that you don’t have so that you can fit in? | 1.  2.  3.  4.  5. |
| **INTELLECTUAL**  ***(Commitment to continually learning and improving yourself)*** | * Are you committed to learning as much as you can about life? * Are you constantly experiencing new opportunities? * Do you regularly read to learn and grow? * Are you open to improving and stretching yourself? | 1.  2.  3.  4.  5. |
| **SPIRITUALITY**  **(S*ense of connection to something bigger than yourself)*** | * Do you feel connected to a Higher Power? * Do you have a sense of purpose and meaning of your life? * Do you meditate, pray, etc. | 1.  2.  3.  4.  5. |
| **CAREER**  ***(How you feel about your career/business)*** | * Does your job excite you? * Have you a clear idea of what it is you want to achieve? * Retired or not working – do you know what it is you want to do and are taking steps to achieve this? * Do you feel physically sick before you go to work each morning or would you do your job without being paid for it? | 1.  2.  3.  4.  5. |
| **ENVIRONMENTAL**  ***(How much you care for the earth and your personal surrounding)*** | * Environmental wellness is recognizing the unstable state of the earth and the effects of daily habits on the physical environment. * Do you…   + Reduce, Reuse, Recycle?   + Conserve water and other resources?   + Minimize chemical use/   + Take personal responsibility your home, community and the planet | 1.  2.  3.  4.  5. |

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**Wellness Wheel**