

Wellness Wheel

READ EACH STATEMENT AND FILL IN THE CORRESPONDING SECTION OF THE WHEEL YOU FEEL BEST REPRESENTS YOU.



PHYSICAL

1. I get a quality 7-9 hours of sleep each night.
2. I exercise regularly (30 minutes daily at least 5 times a week).
3. I maintain healthy eating patterns that include fruits and vegetables.
4. If I choose to drink alcohol, I drink responsibly (have a designated sober driver, no more than one drink in an hour).
5. I seek advice from health care professionals.

INTELLECTUAL

1. I seek personal growth by learning new skills.
2. I feel fulfilled in my academic program.
3. I know how to access academic resources when necessary.
4. I learn about topics that interest me through different communication channels.
5. I stay informed about social, political and other current issues.

FINANCIAL

1. I understand the basics of personal finance (taxes, credit score).
2. I pay my credit cards, tuition and other bills on time.
3. I feel good about my current and future financial situation.
4. I know about the different sources of financial aid I am eligible for and apply when I am able.
5. I understand how to build credit and use credit cards wisely.

ENVIRONMENTAL

1. I understand the impact of my actions on the planet.
2. I try to lesson my environmental impact.
3. I reduce, reuse and recycle products.
4. I participate in events that help my community (food drives, clean ups, etc.).
5. I walk, bike, use public transportation or carpool when possible.

SOCIAL

1. I am satisfied with my social life.
2. I participate in social activities and enjoy being with people who are different from me.
3. I am aware of, able to set, and respect my own and others' boundaries.
4. I give and take equally in my relationships.
5. I prioritize my own needs by saying "no" to others' requests for my time.

EMOTIONAL

1. I find healthy ways to cope with stress (exercise, meditation, social support).
2. I understand the importance of maintaining my mental health.
3. I am able to feel and understand my emotions.
4. I feel good about myself and believe others like me for who I am.
5. I allow myself to cry.

OCCUPATIONAL

1. I know what skills are necessary for the occupations I am interested in.
2. I know where to find employment opportunities.
3. I seek constructive criticism to grow professionally.
4. I am working towards what I enjoy.
5. What I am doing with college courses/jobs has purpose.

SPIRITUAL

1. I work to create balance and peace within my interpersonal relationships and life.
2. My morals, values and ethical principles provide guides for my life.
3. I cherish my optimism and hope.
4. I am aware of nonmaterial aspects of life.
5. I identify what is meaningful to me and notice its place in my life.