

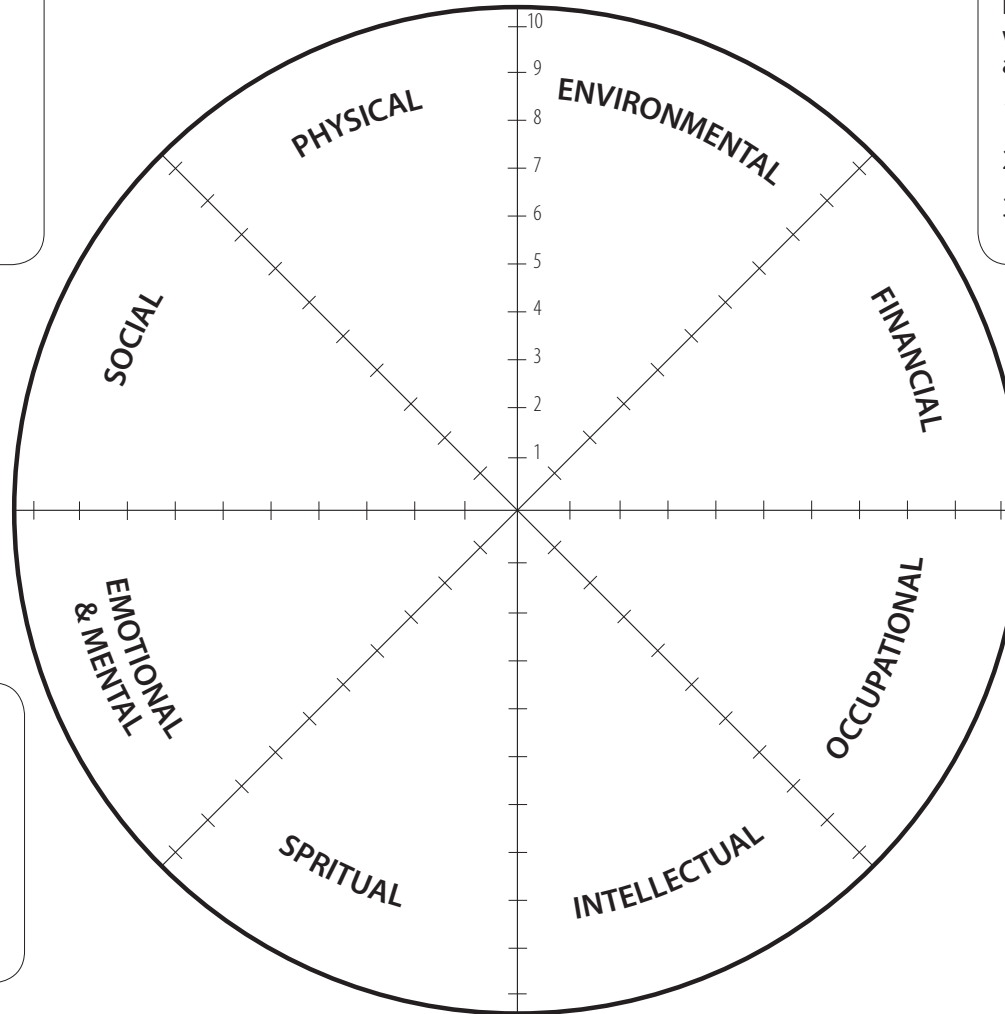
# Wellness Wheel

**Physical Wellness** involves the aspects including nutrition, exercise, sleep, medical stability, dental hygiene, and sexual health.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Environmental Wellness** involves a person's willingness to participate in maintaining the natural and personal environments that surround them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Social Wellness** refers to the quality of connections with others and living with the sense of belonging with positive relationships.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Financial Wellness** means maintaining an ongoing awareness of your financial situation and living with your means.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Emotional and Mental Wellness** involves an awareness of your thoughts and feelings and how these influence your behaviours.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Career/Occupational Wellness** involves participating in work that provides personal satisfaction, is challenging, and enhances our quality of life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Spiritual Wellness** means many different things to different people. Spiritual Wellness generally involves having a sense of purpose and a set of values and beliefs which guide you through your decision-making processes.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Intellectual Wellness** involves participating in activities which engage our minds and make us curious.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# My Path to Wellness

Things which we are **grateful** for.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Things which make me **happy**.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Things which I am **doing well**.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Committments which I will make toward **wellness**.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_