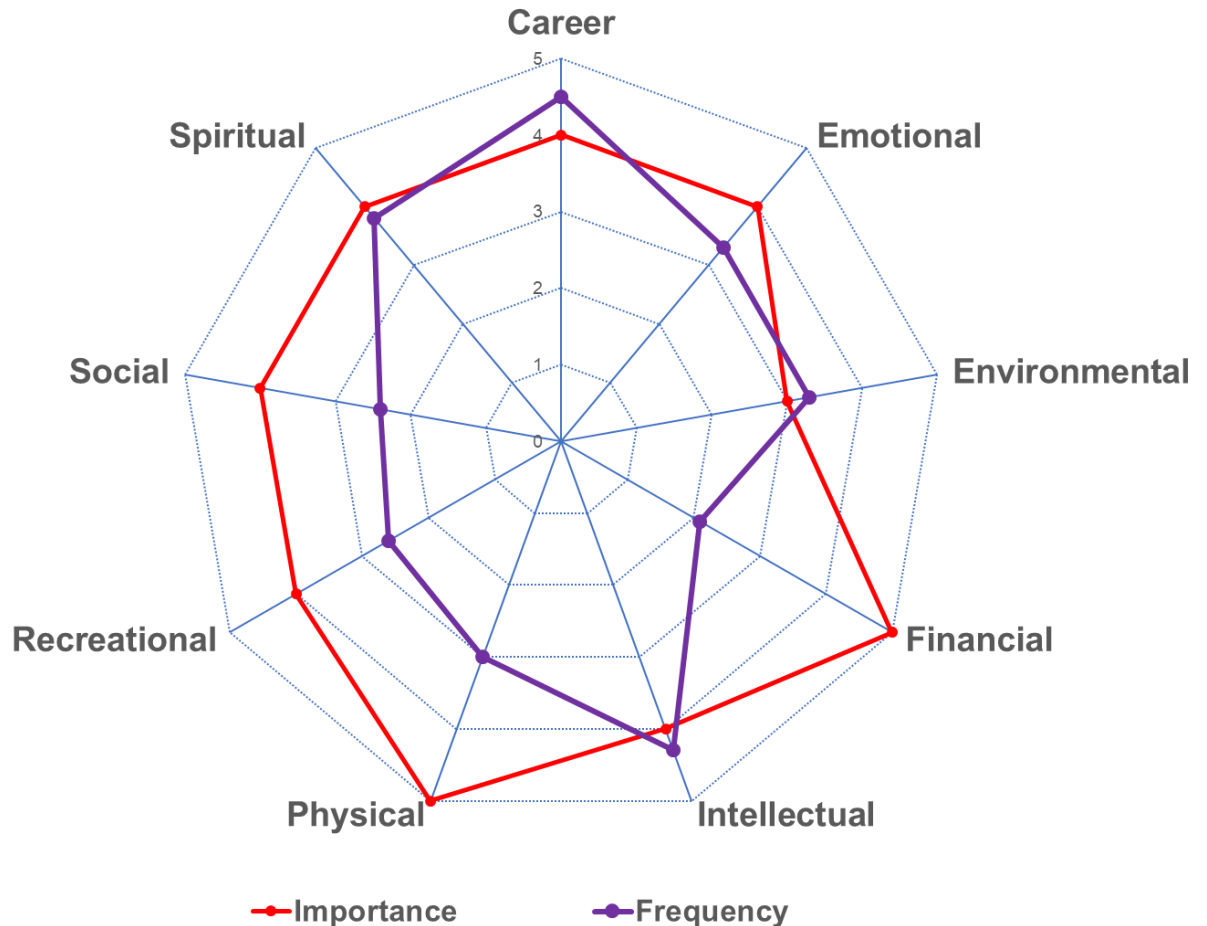


WHEEL OF WELLNESS ASSESSMENT

This is an example of a wheel of wellness



Instructions

- The assessment consists of two parts:
 - Evaluating the importance of the particular wellness dimension
 - Evaluating the frequency of each items (1-10) of each wellness dimension
- Once you have completed the assessment, feel free to email the assessment to coaching@hettie-stroebe.com if you would like me to prepare a summary of your results showing a graphic representation for each dimension of wellness
- The assessment takes about 30 minutes to complete

PART ONE

IMPORTANCE

Very Important	Fairly Important	Important	Slightly Important	Not Important
5	4	3	2	1

Wellness Dimension	Description	Importance
Career	Personal satisfaction and enrichment in your life through work, seeking opportunities to grow professionally and to be fulfilled in your “job” whatever that may be, preparing and making use of your gifts, skills, and talents to gain purpose, happiness, and enrichment in your life	
Emotional	Awareness and acceptance of one’s feelings and capacity to manage behaviors related to one’s emotional state in a healthy and adaptive manner	
Environmental	Making choices to create sustainable human and ecological communities, improving qualities in air, water, land and space, using available resources responsibly and fostering a safer and healthier environment	
Financial	Involves the ability to have financial resources to meet practical needs, and a sense of control and knowledge about personal finances	
Intellectual	Engaging in creative and mentally-stimulating activities striving for personal growth that lead to learning and sharing of one’s unique gifts with others	
Physical	Making choices to maintain physical self-care and practice health-enhancing behaviors	
Recreational	Regularly take the time to experience play, adventure and leisure	
Social	Creating and maintaining healthy supportive relationships and dealing openly and honestly with a diverse group of persons	
Spiritual	Search for meaning and purpose in human existence, leading you to strive for a state of harmony while working to balance your inner beliefs, values and behaviors with the rest of the world	

PART TWO

FREQUENCY

Almost Always
5

Often
4

Sometimes
3

Rarely
2

Almost Never
1

CAREER WELLNESS	Personal satisfaction and enrichment in your life through work, seeking opportunities to grow professionally and to be fulfilled in your “job” whatever that may be, preparing and making use of your gifts, skills, and talents to gain purpose, happiness, and enrichment in your life	Frequency
1	My work reflects my personal values	
2	I have opportunities to make meaningful contributions at work	
3	I get personal satisfaction from my work.	
4	I am happy with the balance between my work time and leisure time	
5	I feel my talents and skills are well used in my work	
6	I enjoy the work I do	
7	I see opportunity for development in my company	
8	I am productive at work	
9	My job contributes positively to my overall well-being	
10	I am happy with the amount of control I have in my work	

EMOTIONAL WELLNESS	Awareness and acceptance of one’s feelings and capacity to manage behaviors related to one’s emotional state in a healthy and adaptive manner	Frequency
1	I love and accept myself as I am	
2	When I experience positive or negative emotions, I can appropriately express how I feel	
3	To cope with challenges in life, I focus on the most positive aspects of the event or situation	
4	I seek help from others when I am experiencing difficulties	
5	I can adequately manage my emotional response when in an upsetting or challenging situation	
6	I recognize that I create my own feelings and am responsible for them	
7	I recognize when I am stressed and take steps to manage my stress	
8	I am resilient and can bounce back after a disappointment or problem	
9	I am flexible and adapt/adjust to change in a positive way	
10	I recognize my personal shortcomings and learn from my mistakes	

FREQUENCY

Almost Always
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Often
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Sometimes
3

Rarely
2

Almost Never
1

ENVIRONMENT WELLNESS	Making choices to create sustainable human and ecological communities, improving qualities in air, water, land and space, using available resources responsibly and fostering a safer and healthier environment	Frequency
1	I make maximal use of natural light, fresh air, and live plants	
2	I eat low on the food chain to minimize eating products that require a disproportionately high cost to deliver	
3	I spend time outdoors enjoying nature	
4	I am concerned about environmental pollution	
5	I actively try to preserve and protect natural resources	
6	I keep my home and work environment free of clutter, clean, and organized	
7	I use ecologically friendly products	
8	I reduce, reuse or recycle products	
9	If I see a safety hazard, I take the steps to address the problem	
10	I conserve energy (fuel, electricity, water, etc.) in my home, my car, and elsewhere	

FINANCIAL WELLNESS	Involves the ability to have financial resources to meet practical needs, and a sense of control and knowledge about personal finances	Frequency
1	I pay all my bills on time	
2	I check my credit reports regularly	
3	I have a completely detailed budget and stick to it	
4	I have a professionally designed and diversified financial portfolio	
5	I save at least 10% of my income every month	
6	I am credit card debt-free	
7	I have a dedicated six-month reserve account completely funded and set aside	
8	I have an updated and complete last will and testament	
9	I have the needed financial plan in place for my family should something happen to me	
10	I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life	

FREQUENCY

Almost Always
5

Often
4

Sometimes
3

Rarely
2

Almost Never
1

INTELLECTUAL WELLNESS	Engaging in creative and mentally-stimulating activities striving for personal growth that lead to learning and sharing of one's unique gifts with others	Frequency
1	I engage in mentally stimulating or creative activities	
2	I engage in continuous learning opportunities (e.g., college courses, certifications)	
3	I am happy with the amount and variety I read	
4	I stay informed of current affairs—locally, nationally, and internationally	
5	I carefully select movies and/or television programs	
6	I engage in downtime or relaxation that lacks specific goals or focus to recharge my brain	
7	I improve my verbal and written skills	
8	I see more than one side of an issue, especially when it is controversial	
9	I attend the creative arts of theatre, dance, music and expressive art	
10	I seek opportunities that challenge my critical thinking skills	

PHYSICAL WELLNESS	Making choices to maintain physical self-care and practice health-enhancing behaviors	Frequency
1	I exercise aerobically (vigorous, continuous exercise) for 30 minutes at least five times per week	
2	I maintain a consistent exercise regime consisting of flexibility and muscular strengthening exercises at least 30 minutes daily	
3	I consume at least 5 servings of fruits and vegetables in a day	
4	I get 6-8 hours of sleep each night	
5	I maintain a reasonable weight for my age, gender and height	
6	I do stress management techniques that help me stay calm and relaxed	
7	I abstain from addictions including caffeine, nicotine, alcohol, and drugs both over-the-counter and illicit	
8	I know my health numbers such as cholesterol, blood glucose, blood pressure, etc	
9	I keep up with my annual physical, dental checkups, immunizations, and self-exams	
10	I drink at least eight glasses of water daily	

FREQUENCY

Almost Always
5

Often
4

Sometimes
3

Rarely
2

Almost Never
1

RECREATIONAL WELLNESS	Regularly take the time to experience play, adventure and leisure	Frequency
1	I participate in activities that renew me	
2	I create plenty of space in my life to relax and enjoy myself and others	
3	I feel like there is enough time in the day to do what I both need and want to do	
4	I have hobbies outside of work that I enjoy and take part in	
5	I attend cultural events (e.g., opera, museums, theatre)	
6	I vacation at least once a year with no work communications	
7	I am constantly seeking adventure, trying something new and creating diverse experiences	
8	I am completely present in every moment	
9	I take time out to daydream	
10	I have fun experiences on a regular basis	

SOCIAL WELLNESS	Creating and maintaining healthy supportive relationships and dealing openly and honestly with a diverse group of persons	Frequency
1	I respect the diversity of others	
2	I give and take equally in cooperative relationships	
3	I have a strong sense of belonging with the community in which I live	
4	I use my strengths or economic resources to contribute to my community to help others	
5	I maintain a strong mutual, interdependent social circle with friends that I trust and that nourish and sustain me	
6	I am satisfied with the level of contact I have with my family	
7	I create an intimate loving relationship with my significant other	
8	I invest time doing activities with my significant other	
9	I support and encourage my significant other to be him/her self	
10	I participate in a variety of social activities to form new relationships	

FREQUENCY

Almost Always
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2

Almost Never
1

SPIRITUAL WELLNESS	Search for meaning and purpose in human existence, leading you to strive for a state of harmony while working to balance your inner beliefs, values and behaviors with the rest of the world	Frequency
1	I have a sense of purpose in my life	
2	I have a sense of peace about my life	
3	I accept events and others as they are and do not make judgments	
4	I feel a sense of connectedness with creation and all other living beings	
5	I integrate my "spiritual practice" as a regular part of my daily routine	
6	I have a deep appreciation for the depth of life and death	
7	I appreciate the individual uniqueness, diversity and need for connectedness among all people	
8	I have a consistency between my beliefs, values and behaviors	
9	I take time to think about what's important in life	
10	I engage in acts of caring and goodwill with those who are suffering and try to help them through difficult times without expecting something in return	

WHEEL OF WELLNESS ASSESSMENT

Name:	Year of Birth:	Assessment Date:
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