

The Wellness Wheel

Rate yourself in each area on a scale of 1 (struggling to feel satisfied in this area) to 10 (completely satisfied and crushing it)

Nutrition

My daily food choices include balanced portions of proteins, vegetables, and starches at each meal - Focusing on real food only and limiting processed crap:

1 2 3 4 5 6 7 8 9 10

Hydration

I drink at least 1/2 of my body weight in ounces of water each day:

1 2 3 4 5 6 7 8 9 10

Sleep

I enjoy 7+ hours of sleep each night and have a consistent sleep/wake time each day:

1 2 3 4 5 6 7 8 9 10

Movement

I move my body for 30+ minutes each day. This could consist of walking, running, a structured workout routine, or gentle stretching.

1 2 3 4 5 6 7 8 9 10

Time Management

I intentionally set aside time to plan out the logistics of my upcoming responsibilities and goals each week:

1 2 3 4 5 6 7 8 9 10

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Personal Development

I intentionally set aside 30 minutes each day to invest in myself and my personal development by reading and/or listening to inspiring podcasts that will help support my growth and transformation:

1 2 3 4 5 6 7 8 9 10

Relationships

I am surrounded by healthy and supportive relationships. In general, I feel safe, secure, and encouraged by these people. This includes my immediate family, significant other, friends, and co-workers:

1 2 3 4 5 6 7 8 9 10

Finances

I proactively engage with my finances on a routine basis. I am comfortable with my spending and saving habits and feel confident in the ways I choose to exchange the money I earn:

1 2 3 4 5 6 7 8 9 10

Career Satisfaction

I am very well paid for my time doing something I love:

1 2 3 4 5 6 7 8 9 10

Happiness and Fulfillment

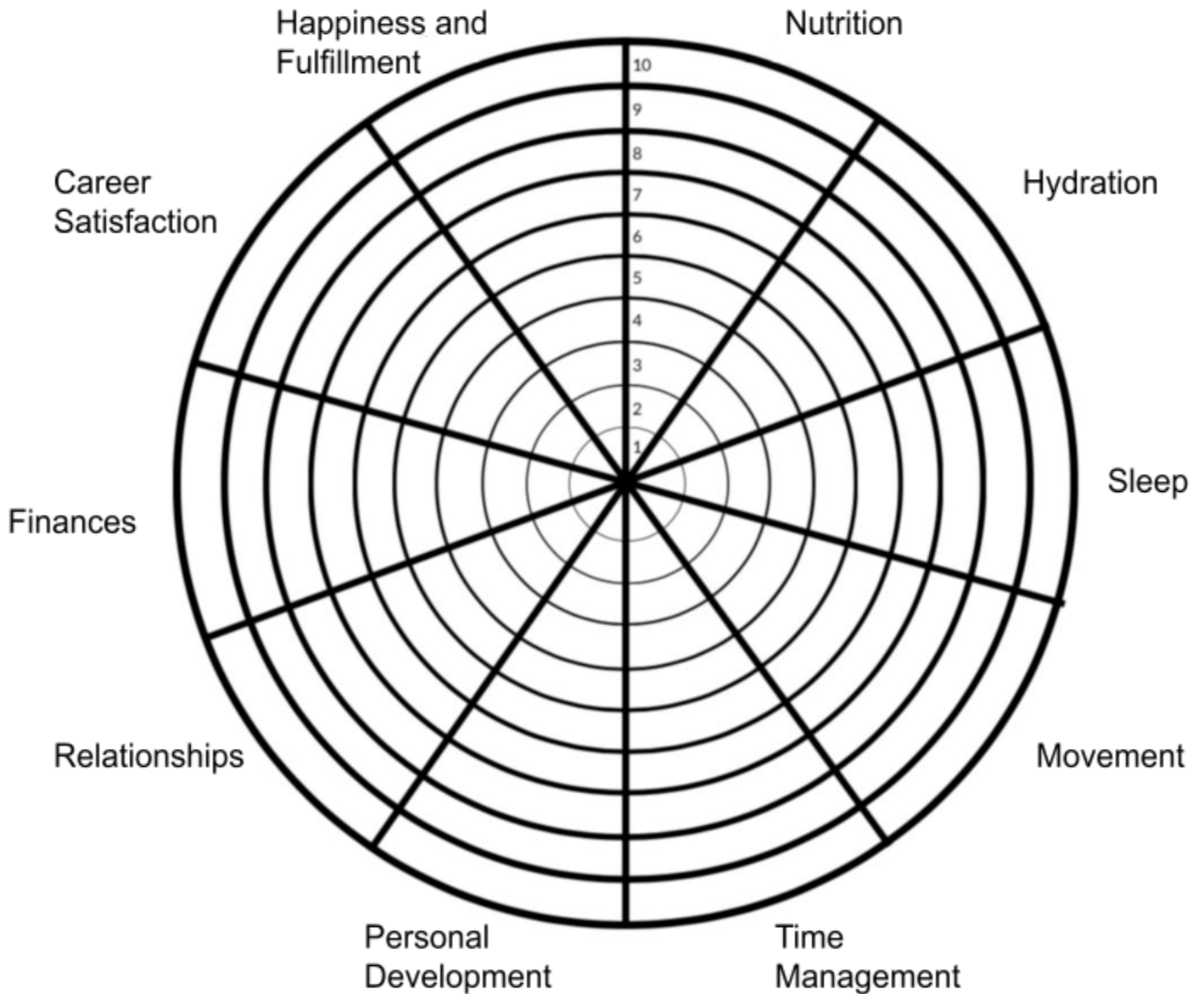
I feel happy, satisfied, and fulfilled at the end of most days and I feel I have a true sense of purpose in life:

1 2 3 4 5 6 7 8 9 10

The Wellness Wheel

Now it's time to assess the 10 areas of your life

Fill in the wheel below based off the ratings above for each category



How balanced is your wheel?