

Instructions

Read each statement. Fill in the corresponding pie-shaped section of the wheel to the degree you are achieving this. For example, question #1 is: "I eat a balanced nutritional diet". If you feel you are doing this 100% of the time, color in all of section 1. If you do this 60% of the time, color 60% of the section. Complete this for all 36 sections of the wheel.

Activity Reflection

Remember, each person is unique. There is no "right" or "wrong" wheel and your wheel will continue to change depending on your age and stage of life.

Ask yourself...

Which section of your wheel has the most color?

Which section of your wheel has the least color?

If this isn't the first time you've completed this activity, how has your wheel changed? To what do you attribute the changes?

Goal Setting

As a result of doing this assessment, how can you improve your life balance?

What will be your first step?

Who will you share your plans with? How can you ask for their support or ask them to be an accountability partner?

I will review these results on _____ (day) and redo this activity on _____ (day).

Questions

PHYSICAL

1. I eat a balanced nutritional diet.
2. I exercise at least 3 times per week.
3. I choose to abstain from sex or sex is enjoyable and I practice safe sex.
4. I do not use alcohol or use in moderation, am a non-smoker and avoid street drugs.
5. I am generally free from illness.
6. I am a reasonable weight for my height

FINANCIAL/OCCUPATION

7. I have a solid balance between saving for the future and spending for the present
8. My beliefs/values surrounding money are harmonious with my behavior
9. What I am doing with work/school has purpose
10. I use money positively, e.g., little or no gambling or excessive massing of goods
11. I have a balance between work/school and the other areas of my life
12. I have financial plans for the future

INTELLECTUAL

13. I have specific intellectual goals, e.g., learning a new skill, a specific major
14. I pursue mentally stimulating interests or hobbies.
15. I am generally satisfied with my education plan/vocation.
16. I have positive thoughts (a low degree of negativity and cynicism).
17. I would describe myself as a life long learner.
18. I commit time and energy to professional and self-development.

EMOTIONAL

19. I have a sense of fun and laughter.
20. I am able to feel and label my feelings.
21. I express my feelings appropriately.
22. I have a sense of control in my life and I am able to adapt to change.
23. I am able to comfort or console myself when I am troubled.
24. Others would describe me as emotionally stable.

SOCIAL

25. I am able to resolve conflicts in all areas of my life
26. I am aware of the feelings of others and can respond appropriately
27. I have at least three people with whom I have a close trusting relationship
28. I am aware of and able to set and respect my own and others boundaries
29. I have satisfying social interaction with others
30. I have a sense of belonging/not being isolated

SPIRITUAL

31. I practice meditation, pray or engage in some type of growth practice
32. I have a general sense of serenity
33. I have faith in a higher power
34. I have a sense of meaning and purpose in my life
35. I trust others and am able to forgive others and myself and let go
36. Principles/ethics/morals provide guides for my life

