

Wheel of Wellness Exercise #1

Name _____ Date _____

Administered by _____

When you have a vision of who and how you want to be, you can begin the journey to become that person.

1. List your goals for each part of the Wheel of Wellness
2. Under each goal, list the things you are doing now to accomplish that goal.
3. Then list the things that you should be doing but you aren't doing now.
4. Put a check next to the things you have already accomplished.

Goals for You physically

Goals for you mentally

Goals for you emotionally

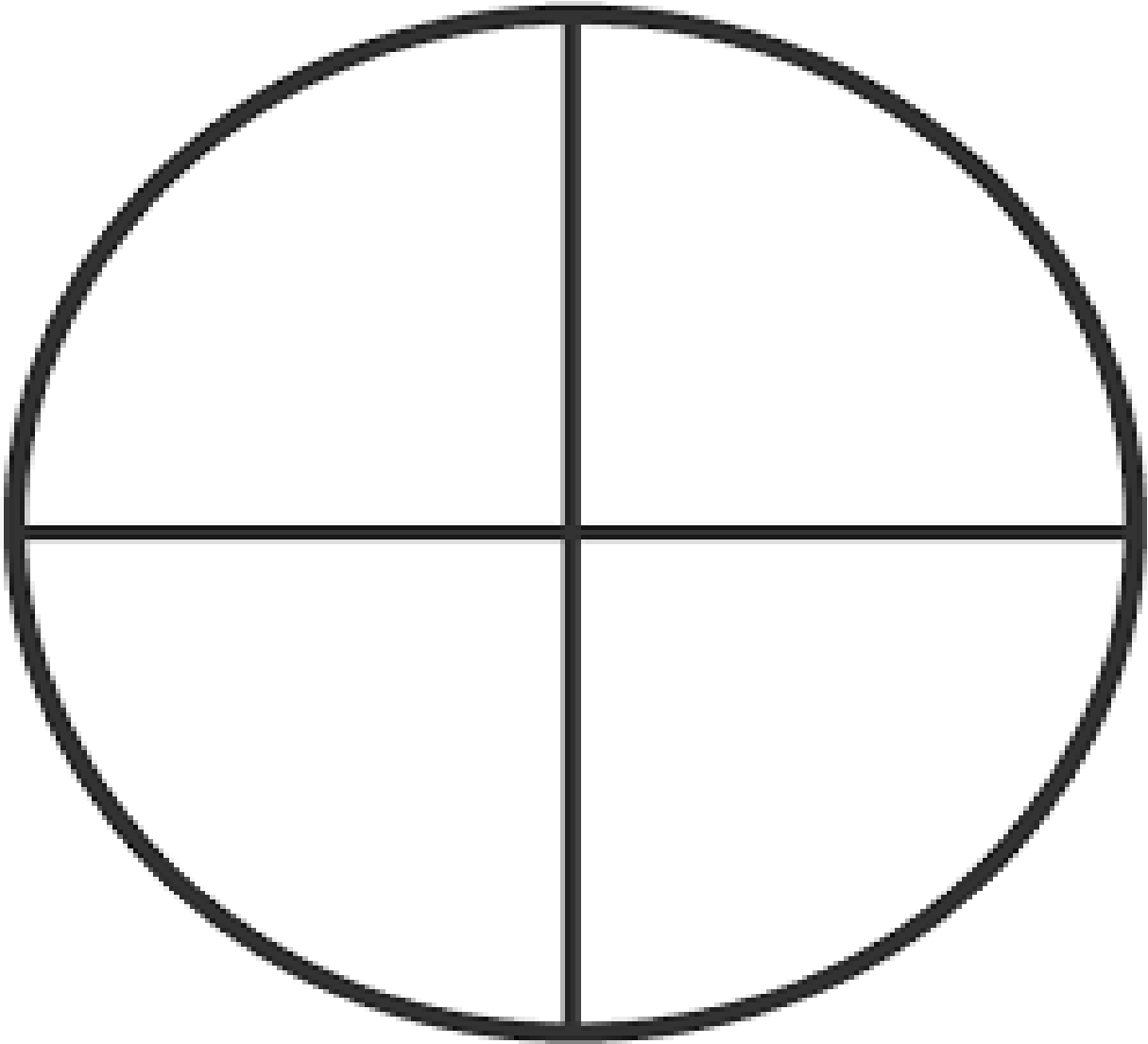
Goals for you spiritually

Wheel of Wellness Exercise #2

Name _____ Date _____

How close to accomplishing your goals are you?

1. Draw a circle with lines from east to west and north to south like the example below. The center of the wheel/target is 0, meaning you haven't accomplished one goal on your list. The outer edge of the wheel is 10, perfection! You have made that goal part of your life.
2. Place Spiritual, Physical, Emotional, Mental on the outside of the circle, placing each one in a direction of your choice, i.e., you might put Emotional at the edge of the west side of the circle, physical in the south, etc. It is your choice. There is not a right or wrong way.
3. Look at exercise #1. Mark an X on the line to show where you are on accomplishing your goals in each of the four areas of your life at this moment in your life.
4. Connect the Xs by drawing a line in an arc from one X to the next.



How does your wheel look? Is it nice and round or do you have a flat tire? Xs close to the center will give you an idea of what you need to work on to have a balanced life.

Wheel of Wellness Exercise #3

Name _____ Date _____

1. Now make a list of goals for four other areas of your life that are important to who you are.
 - a. Maybe it will be family, employment, education, cultural activities like drumming or canoe journey, being a parent, working out, time with friends, anything that helps you be a healthy person.
2. Fill in the blank headings with the four goals you have chosen.
 - a. List the things you may be doing now first.
 - b. Then list the things that you know would get you closer to your goal but you aren't doing now.
 - c. Put a check next to the things you have already accomplished.

Goal: _____

How to accomplish the goal:

Goal: _____

How to accomplish the goal:

Goal: _____

How to accomplish the goal:

Goal: _____

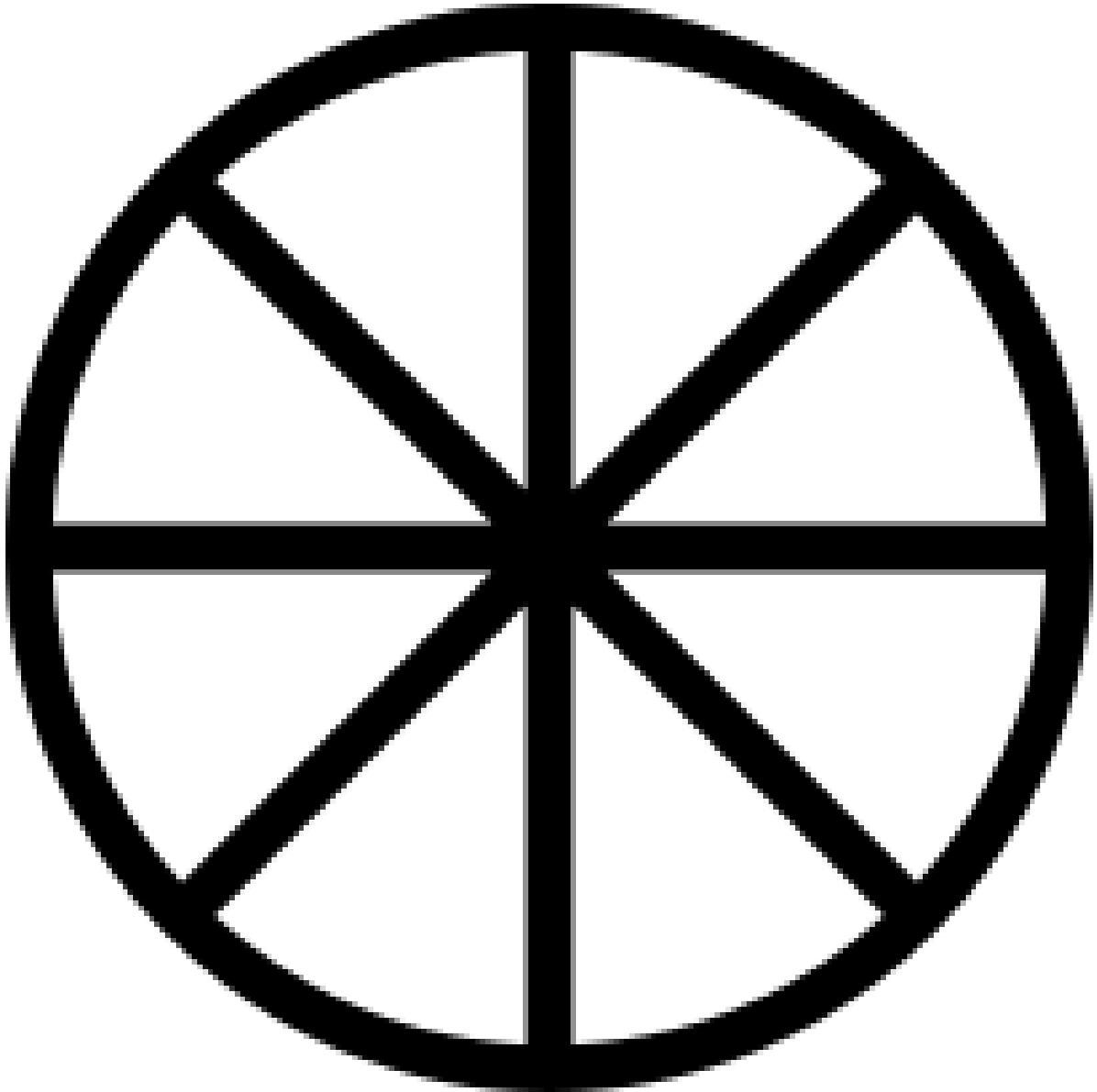
How to accomplish the goal:

Wheel of Wellness Exercise #4

Name _____ Date _____

How close to accomplishing your goals are you?

1. Draw a circle with lines from east to west and north to south. The center of the wheel/target is 0, meaning you haven't accomplished one goal on your list. The outer edge of the wheel is 10, perfection! You have made that goal part of your life.
2. Place Spiritual, Physical, Emotional, Mental on the outside of the circle, placing each one in a direction of your choice, i.e., you might put Emotional at the edge of the west side of the circle, physical in the south, etc. It is your choice. There is not a right or wrong way.
3. Look at exercise #3. Mark an X on the line to show where you are on accomplishing your goals in each of the four areas of your life at this moment in your life.
4. Connect the Xs by drawing a line in an arc from one X to the next.



How does your wheel look? Is it nice and round or do you have a flat tire? Xs close to the center will give you an idea of what you need to work on.