**Wellness Wheel Activity**

**STEP ONE:** Complete your Wellness Wheel *(use the Dimensions of Wellness as a guide)*

**STEP TWO:** Complete the Self-Assessment

<https://umatter.princeton.edu/sites/umatter/files/media/princeton-umatter-wellness-self-assessment.pdf>

*\*Please note the self-assessment does not evaluate financial wellness. We chose to add financial wellness into the remainder of the activity because financial wellness is an important component of overall health and happiness!*

**STEP THREE:** Complete your Action Plan

*Assess and make changes to your action plan and wellness wheel as needed!*

**Dimensions of Wellness:**

**Emotional**: awareness of feelings-thoughts-philosophies, able to express feelings freely, positive & enthusiastic, assessment of limitations, relaxation, coping with stress, support from others, take responsibility for actions, take risk, recognize conflict

**Physical**: physical activity, recreation, sports, physical checkups, self-care, health, energy level, nutrition, weight management, self-image, posture, personal hygiene, sleep and rest patterns

**Occupational**: current situations, vacations, educational opportunities, retirement plans, insurance, benefits, sense of fulfillment, potential growth, challenge offered, camaraderie, satisfaction, self-improvement, business skills, helping others, developing staff

**Spiritual**: personal philosophy, commitment, tradition, church affiliation, faith, prayer life, spiritual fulfillment, feeling of tapping into a greater power, meaning of life

**Social/Family**: relationships, social skills, community involvement, charitable efforts, friendships, reputation, clubs, organizations, service to country, parenting skills, family activities, reunions, values shared, love relationship, vacations

**Intellectual**: continuing education, mentors, hobbies, music, significant ideas, formal education, growth experiences, creative activities, cultural growth, attitudes

**Financial:** spending habits, understanding financial situation, investing and saving, budgeting, being a good consumer

**Environmental:** organizing your space, recycling, volunteering efforts, comfortable living space, meeting basic needs

**\*Information taken from the National Wellness Institute**