

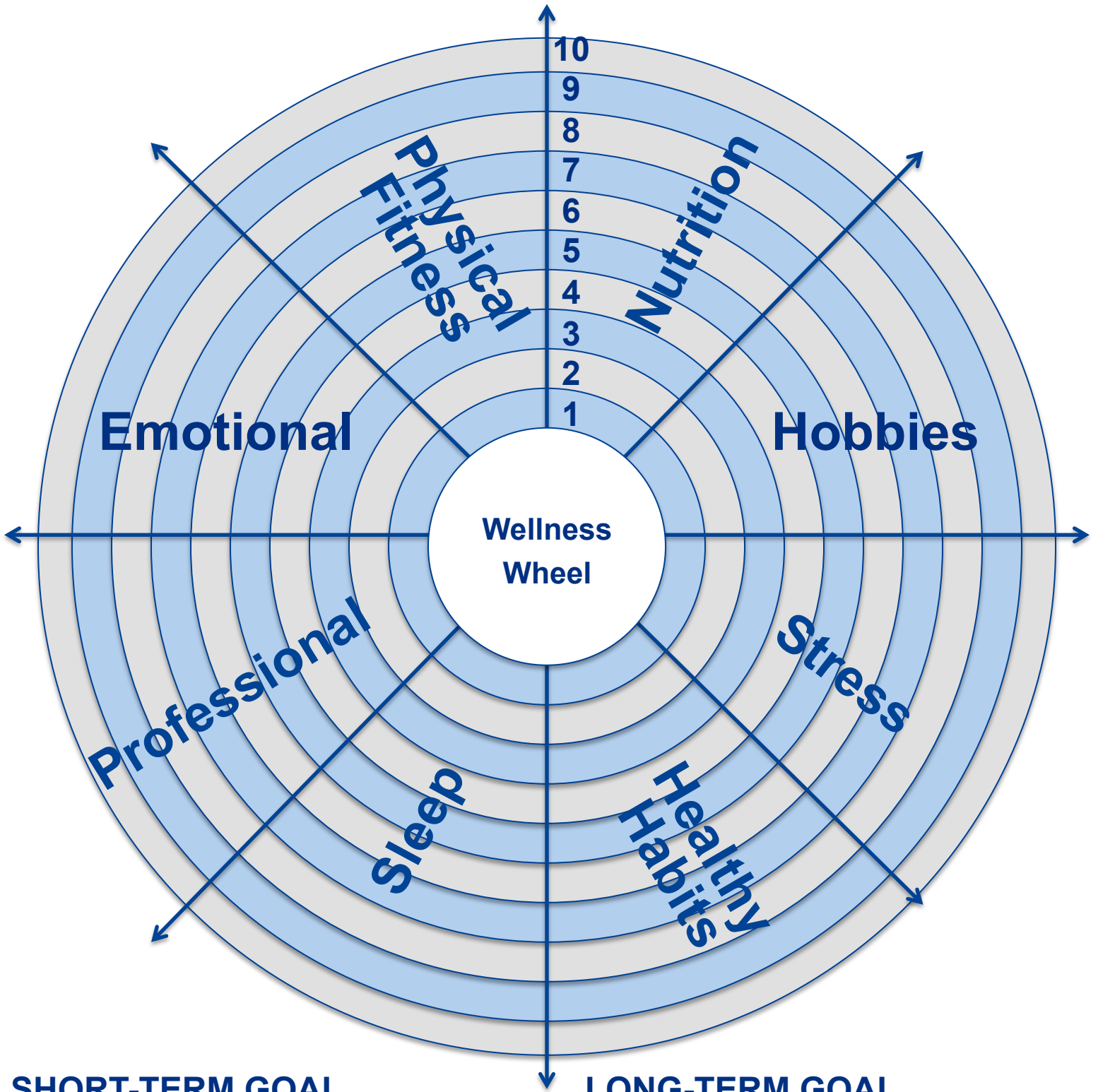
Wellness Wheel

Let me show you this works:

1. Fill out the table to identify how satisfied you are with each area. Then, shade in the wheel.
2. Now, look at the wheel. Will it roll? Which section(s) do you have an opportunity to make any changes that would increase your satisfaction?
3. What changes do you think need to be made in your future to help the wheel roll smoothly?
4. Write down one short-term and long-term goal that might help you even out your wheel. Make sure it is a SMART goal: specific, measurable, achievable, realistic, time bound. *(Example: Walk every other day for 20 minutes to increase satisfaction in the following areas: Physical Fitness, Sleep, and/or Stress)*
5. Track progress with a journal. Ask others around you to help you achieve your goals.

Readiness to Change Self Assessment 1 = Less Satisfied 10= Most Satisfied	1	2	3	4	5	6	7	8	9	10
1. Physical Fitness										
2. Nutrition										
3. Hobbies										
4. Emotional										
5. Sleep										
6. Professional										
7. Stress										
8. Healthy Habits										
For Reflection: What is your priority with SMART GOALS										
9. Long Term Goals										
10. Short Term Goals										

Wellness Wheel



SHORT-TERM GOAL

How will you plan for this?

LONG-TERM GOAL

How will you plan for this?
