



Wellness Wheel Activity

Spiritual: beliefs, faith, values, meditation, yoga

Physical: sleep, food, exercise

Emotional: feelings, stress, time management, creativity

Environmental: your living/work space (feng shui), local, clutter

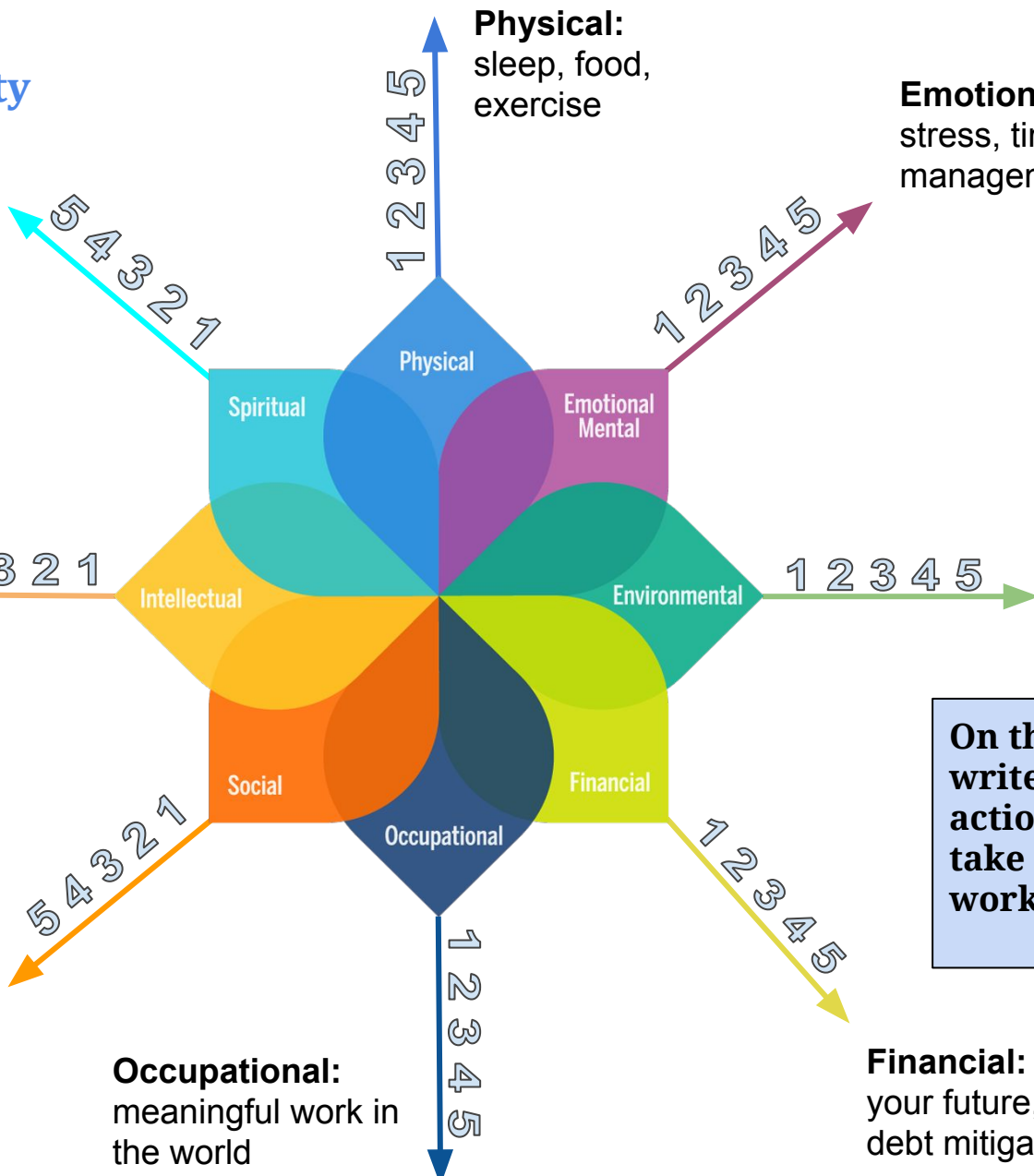
Intellectual: learning, creativity, strategic thinking

On the reverse side, write down what one action you are going to take to improve your work/life balance.

Social: friends, committees, groups

Occupational: meaningful work in the world

Financial: investing in your future, budgeting, debt mitigation



Add up your score: