

Personal Wellness Inventory

Welcome to your personal wellness inventory.

On the following page you will see an image that we refer to as “The Wellness Wheel”

It is a self-reflective tool designed to help you create more balance in your life.

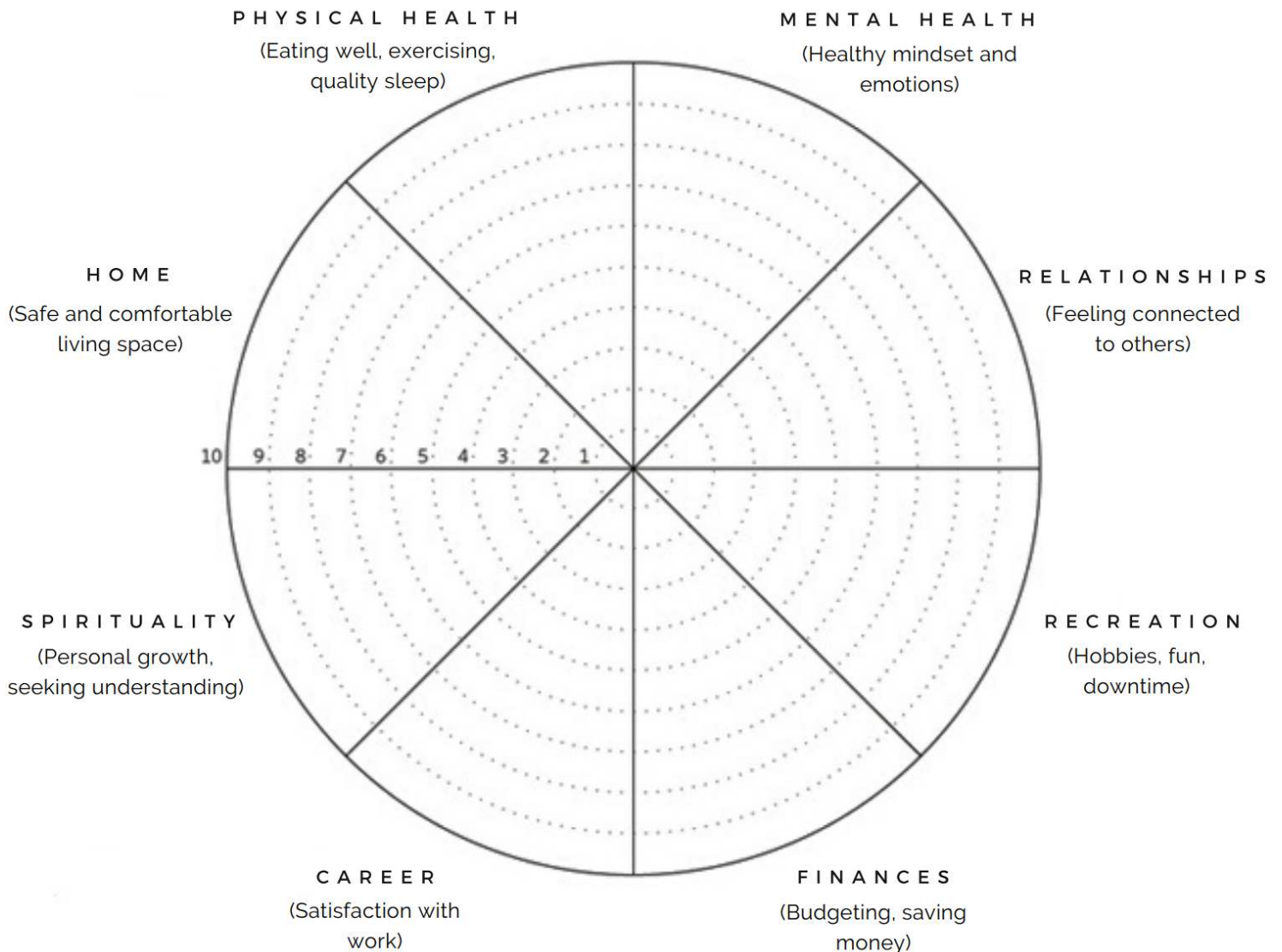
You will have an opportunity to assess your level of satisfaction in eight areas of your life, including:

- Physical Health
- Mental Health
- Home
- Relationships
- Recreation
- Spirituality
- Career
- Finances

Choose 1-2 areas you’d like to work on improving over the next 3-6 months.

Plan to re-visit this exercise a few times per year, or whenever you feel you could use more ease in your life.

WELLNESS WHEEL



INSTRUCTIONS

- The eight sections represent major areas within your life.
- Rank your current level of satisfaction in each area out of 10.
- 1 means you are struggling. 10 means you are satisfied and you don't feel you need much improvement.
- Colour the number of spaces in each section to match your level of satisfaction.
- Start from the inside and work your way out.
- When this is complete, you will quickly see which areas need improvement and which ones

Self-reflective Questions

What score did you assign to each area?

Physical ___/10 Mental ___/10 Home ___/10 Relationships ___/10
Spirituality ___/10 Recreation ___/10 Career ___/10 Finances ___/10

Which 1-2 areas do you want to focus on improving right now? Why?

When you envision fulfillment in these areas, what do you picture, sense or feel?

What is one habit or practice that has kept you from reaching your goals in these areas?

What is one habit you can introduce to replace an old habit that no longer serves you?