



A tool to help you hit the reset button
and feel more balanced

THE WELLNESS WHEEL

Welcome to your wellness wheel mini-guide! This download contains a copy of the wellness wheel you read about on theblissfulmind.com.

The wellness wheel is a helpful tool for understanding how to create more balance in different areas of your life.

Whenever you feel the need to hit the reset button in your life, this exercise will help you figure out how you can do that.

By going through the wellness wheel exercise on the next page, you'll be able to identify any areas of your life that need a little TLC.

The areas we'll be focusing on are physical, mental, social, financial, occupational, environmental, recreational, and spiritual wellness.

Once you've filled out your wheel, choose 1-2 areas that you would like to work on over the next 3-6 months.

If you find yourself lost or seeking more clarification on how to complete the wellness wheel, [click here](#) to go back to the original blog post.

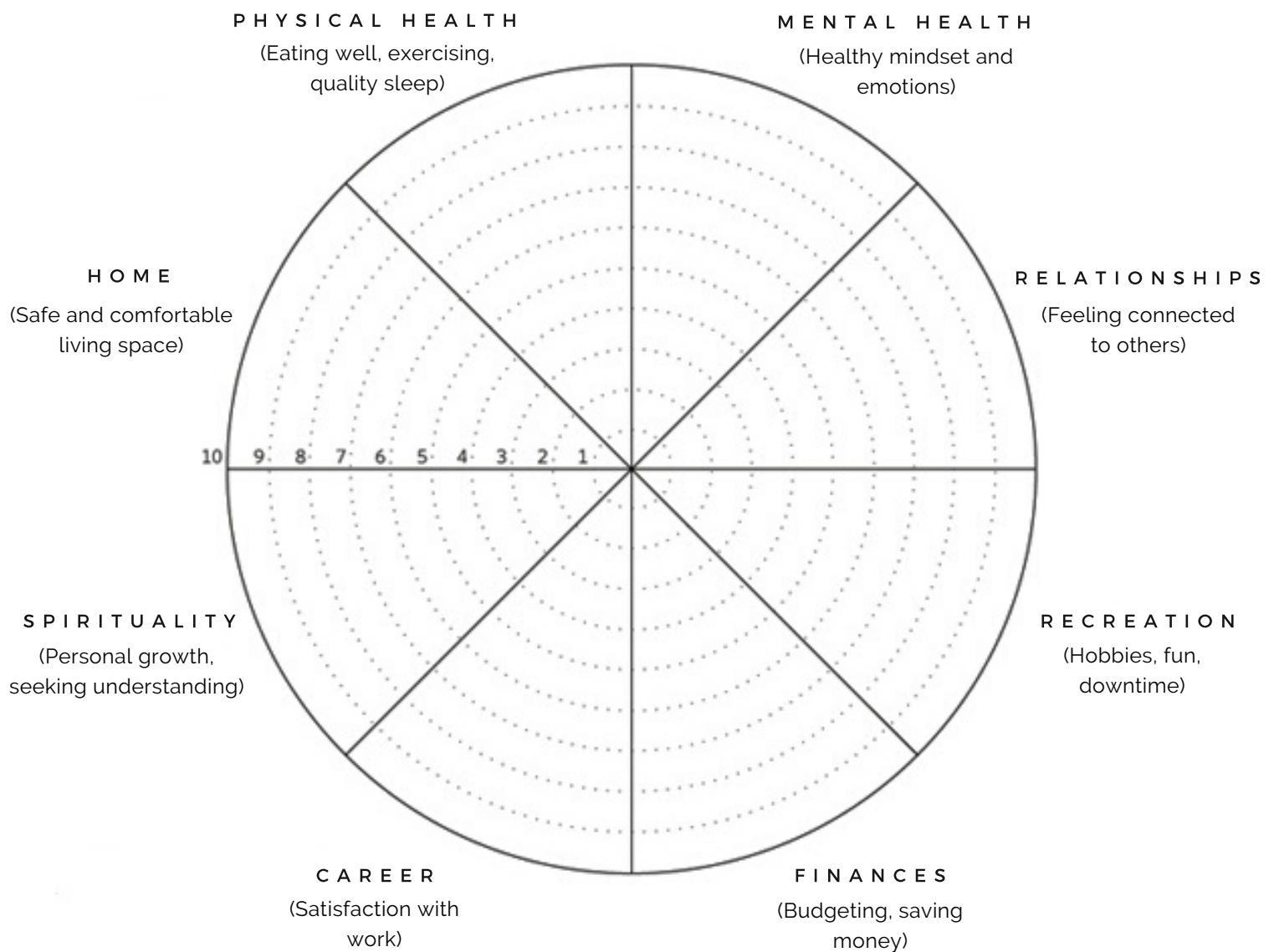
Ready? Let's get started on the next page.



"Self-care means giving yourself permission to pause."

- CECILIA TRAN

WELLNESS WHEEL



INSTRUCTIONS

The eight sections in the wheel represent your life. Rank your level of satisfaction with each area out of 10. 1 means you are struggling and feel unfulfilled in that area. 10 means you're satisfied with that area and don't think it needs much improvement. Go with your gut on this one.

Color the number of spaces on the wheel that match your ranking, starting from the inside and working out. Once you're done, you should see which areas need improvement and which ones you feel satisfied with.

FOLLOW-UP QUESTIONS

What score did you give each area?

Physical: __/10 **Mental:** __/10 **Home:** __/10 **Relationships:** __/10

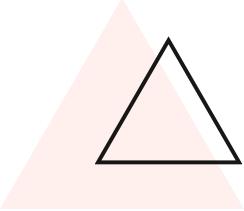
Spirituality: __/10 **Recreation:** __/10 **Career:** __/10 **Finances:** __/10

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

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

What types of activities and practices would help you feel more fulfilled?

What actions can you take in the next 3-6 months to improve these areas?



WHAT'S NEXT?

Now that you've identified the areas of your life that you'd like to work on, commit to making it happen.

Remember, it's important to focus on 1-2 areas at a time to avoid overwhelm.

If you feel like you're making progress in your chosen area, try revisiting the wellness wheel every so often to see if any other areas need some attention. I like to go through the wheel as a monthly check-in for myself!

P.S. If you're looking for more self-care and wellness tips, you'll find a new posts at theblissfulmind.com!



*xo,
Catherine*