

# The Wellness Wheel

<http://www.nwmissouri.edu/wellness/PDF/shift/BalancingYourWellness.pdf>

## The Physical Section: Orange

1. I eat a balanced nutritional diet.
2. I exercise at least 3 times per week.
3. I choose to abstain from sex or sex is enjoyable and I practice safe sex.
4. I do not use alcohol or use in moderation, am a non-smoker and avoid street drugs.
5. I am generally free from illness.
6. I am a reasonable weight for my height.

## The Finance/Occupation Section: Yellow (Yellow)

7. I have a solid balance between saving for the future and spending for the present
8. My beliefs/values surrounding money are harmonious with my behavior
9. What I am doing with work/school has purpose
10. I use money positively, e.g., little or no gambling or excessive massing of goods
11. I have a balance between work/school and the other areas of my life
12. I have financial plans for the future

## The Intellectual Section: Blue

13. I have specific intellectual goals, e.g., learning a new skill, a specific major
14. I pursue mentally stimulating interests or hobbies.
15. I am generally satisfied with my education plan/vocation.
16. I have positive thoughts (a low degree of negativity and cynicism).
17. I would describe myself as a life long learner.
18. I commit time and energy to professional and self-development.

## The Emotional Section: Red

19. I have a sense of fun and laughter.
20. I am able to feel and label my feelings.
21. I express my feelings appropriately.
22. I have a sense of control in my life and I am able to adapt to change.
23. I am able to comfort or console myself when I am troubled.
24. Others would describe me as emotionally stable.

## The Social Section: Green

25. I am able to resolve conflicts in all areas of my life
26. I am aware of the feelings of others and can respond appropriately
27. I have at least three people with whom I have a close trusting relationship
28. I am aware of and able to set and respect my own and others boundaries
29. I have satisfying social interaction with others
30. I have a sense of belonging/not being isolated

### The Spiritual Section: Purple

31. I practice meditation, pray or engage in some type of growth practice
32. I have a general sense of serenity
33. I have faith in a higher power
34. I have a sense of meaning and purpose in my life
35. I trust others and am able to forgive others and myself and let go
36. Principles/ethics/morals provide guides for my life