



# Creating Balance

Rowlandltd.com

## Your Wellness Wheel

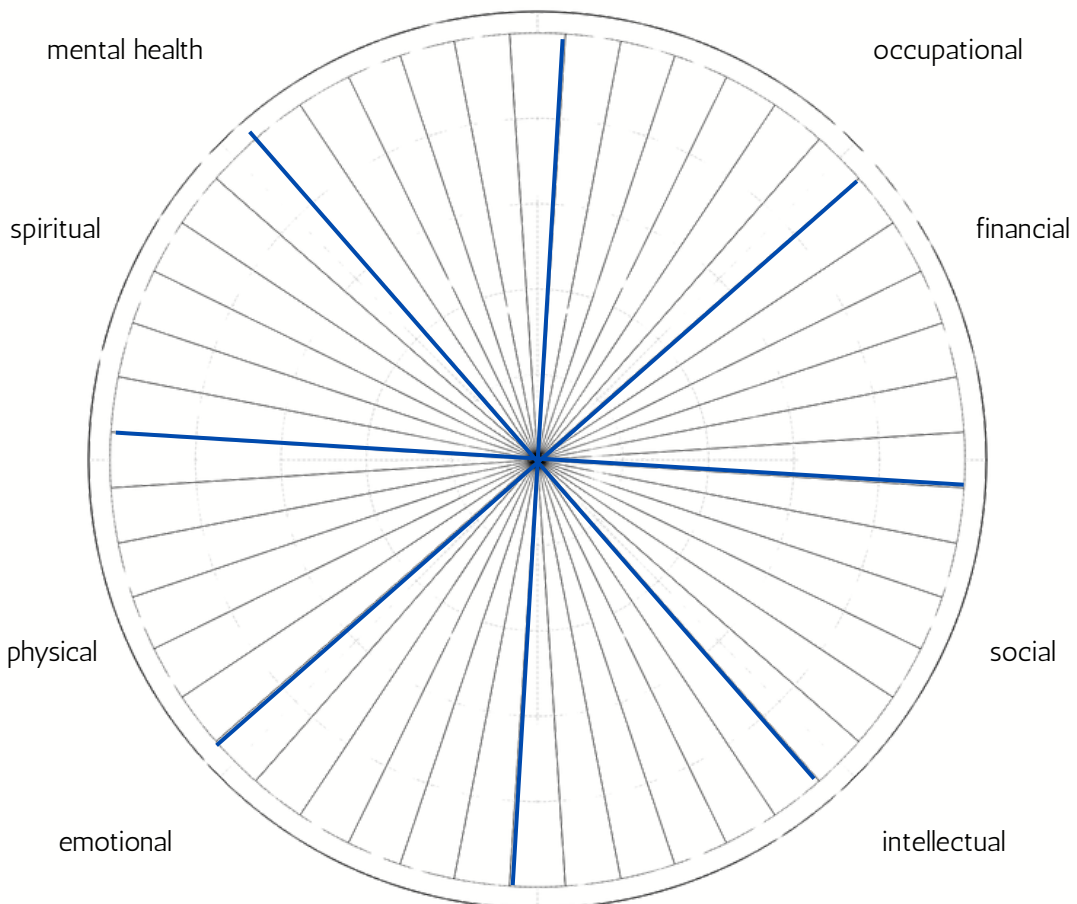
This is a simple check-in to help you see how you're really doing, honestly and without judgment.

There are 48 slices on this wheel. Each one matches a statement. As you read each statement, color in the slice based on how true it is for you right now.

For example, if the statement is "I eat a balanced diet" and you feel like you're doing that about 60% of the time, fill in about 60% of that slice.

Go one by one. Be real with yourself. When you finish, take a step back and notice the whole picture. Where are you strong? What might need more attention?

This is about growth, not perfection.





## **Sections & Statements**

### **Occupational - Purple**

1. Do you have support and feel in control of your work environment?
2. Do you make an effort to be an active listener to those you work with?
3. Do you work to help yourself and others achieve a win-win?
4. Is your time management at work acceptable?
5. Do you work to build trust with your coworkers?
6. Do you work to take responsibility for your mistakes at work?

### **Financial - Yellow**

7. Do you live within your means and take responsibility for your financial decisions.
8. Are your spending and saving habits reflective of your values and beliefs?
9. Do you actively plan for periods in your life when you may not have income.
10. Do you pay bills on time and positively manage credit.
11. Do you balance present-day spending with saving for the future?
12. Do you have similar financial beliefs and practices as those with whom you are close?

### **Social - Red**

13. Do you have at least three people with whom you have a close and trusting relationship?
14. Are you able to resolve conflicts in other areas of your life?
15. Do you have satisfying interactions with others?
16. Are you aware of the feelings of others and are able to respond appropriately?
17. Are you aware of and able to set and respect your own and others' boundaries?
18. Do you have a sense of belonging in your groups and organizations?

### **Intellectual - Black**

19. Do you enjoy learning new skills and information?
20. Do you have positive thoughts (low degree of negativity and cynicism?)
21. Are you generally satisfied with your vocation/major?
22. Do you commit time and energy to professional growth and self-development or coaching when available?
23. Do you feel that your work is stimulating, rewarding, and reflects your values?
24. Do you pursue mentally stimulating interests and hobbies?



## Sections & Statements Continued

### Emotional - Brown

- 25. Do you have a sense of control in your life and are you able to adapt to change?
- 26. Do you perceive "problems" as opportunities for growth?
- 27. Are you able to comfort or console yourself when you are troubled?
- 28. Would others describe you as emotionally stable?
- 29. Do you have a sense of fun and can laugh at yourself?
- 30. Do you believe that you are responsible for your feelings and how you express them?

### Physical - Blue

- 31. Do you eat a balanced, nutritional diet?
- 32. Do you exercise at least 3 times per week?
- 33. Do you take responsibility for your physical health?.
- 34. Are you generally free from illness?
- 35. Do you have annual checkups and specific medical checks as prescribed?
- 36. If at all, do you use tobacco, alcohol, or prescribed drugs responsibly and moderately?

### Spiritual - Green

- 37. Do you have a sense of meaning in your life?
- 38. Do you have a general sense of serenity?
- 39. Are you happy with the beliefs that you hold?
- 40. Do you practice prayer, meditation, or engage in some other type of reflective growth?
- 41. Do principals/ethics/morals provide a guide for your life?
- 42. Do you trust others and are able to forgive them, and yourself?

### Mental Health - Orange

- 43. Do you take time for personal reflection?.
- 44. Do you make it a habit to speak positively to yourself and make light of mistakes?
- 45. Are your beliefs aligned with your daily actions at home and work?
- 46. Are you able to use your strengths at work.
- 47. Do you have a sense of control in your work environment.
- 48. Do you see your work and home life a meaningful and having purpose?

