The Wellness Wheel illustrates the seven areas that combine to live a healthy, balanced life. The goal is to give each of the areas attention and consideration to promote overall growth and development. Each area includes questions to start assessing your wellness in each area. Answers will be unique to each person and likely will change over time.

**Social**

Social Wellness deals with our relationships with others. How do I connect to those close to me as well as those in the larger community? What is my communication style? Do I have a sense of belonging? Am I able to resolve conflicts?
**Physical**

Physical Wellness is the area many often associate with overall wellness. This area includes the ways we take care of our bodies. Am I getting restful and adequate sleep? Do I make conscious decisions about what I put in my body? How am I moving and appreciating my body? What is my family’s health history?

**Spiritual**

Spiritual Wellness includes one’s ability to find purpose and meaning. Not limited to religious beliefs and practices, Spiritual Wellness includes the values placed into action to create harmony, peace, and joy. Do my actions and words reflect my values and ideals? How do I find a place of calm, comfort and unconditional love? What am I doing for others?

**Occupational**

Occupational Wellness is the totality of work and leisure in the pursuit of fulfilment and stability. The application of skills and knowledge as well as the enjoyment of doing work that matters are part of this area. Do I have balance between my work and my leisure? What are my long term career plans and do they match my current behaviors? Are my values related to money congruent with my behavior?

**Emotional**

Emotional Wellness consists of being able to experience a broad range of emotions, thoughts, and reactions. It also includes identifying, managing and understanding our emotions as we experience them. Am I able to identify and articulate my feelings appropriately? Can I console myself when I am upset? How flexible am I in response to change?

**Environmental**

Environmental Wellness incorporates the interdependency of individuals, the community, and the environment. The core element is recognizing that one’s actions impact many. How do I enjoy and appreciate the natural world? Do my actions show respect for others? What steps am I taking to conserve energy and recycle?

**Intellectual**

Intellectual Wellness is often associated with college; however, it expands beyond courses and classrooms to being a life-long learner. It includes engaging the subject or topic you know nothing about and being willing to sit with the experience of “not knowing” a definitive answer. Do I approach an issue seeking different perspectives than my own? How do I express my creativity? What are my study and time management skills?