



Self-Care Wheel Activity and Instructions

Self-Care Wheels or "Wellness Wheels" are an easily accessible way to take a snapshot of your daily life and assess where you want to focus your time or make bite-size changes to improve your overall well-being. To hit the reset button, let's figure out where you're at right now and what changes you would like to make.

You'll find a blank wheel template on the next page. If you don't have a printer, draw it on a blank piece of paper or simply write down your answers to the following prompts.

STEP ONE

Review the areas of your life on the wheel and start by giving each area a score from one to 10. 10 means you're satisfied with that area and don't think it needs much improvement. One means you are feeling unfulfilled in that area. Try not to overthink your answers.

STEP TWO

Color the number of spaces on the wheel that match your ranking for each area (start from the inside and work outwards).

As you'll likely see, your wheel isn't much of a wheel. If you tried to drive on it, the ride might be a little bumpy. That's okay! The goal is to figure out how you can make the ride less bumpy.

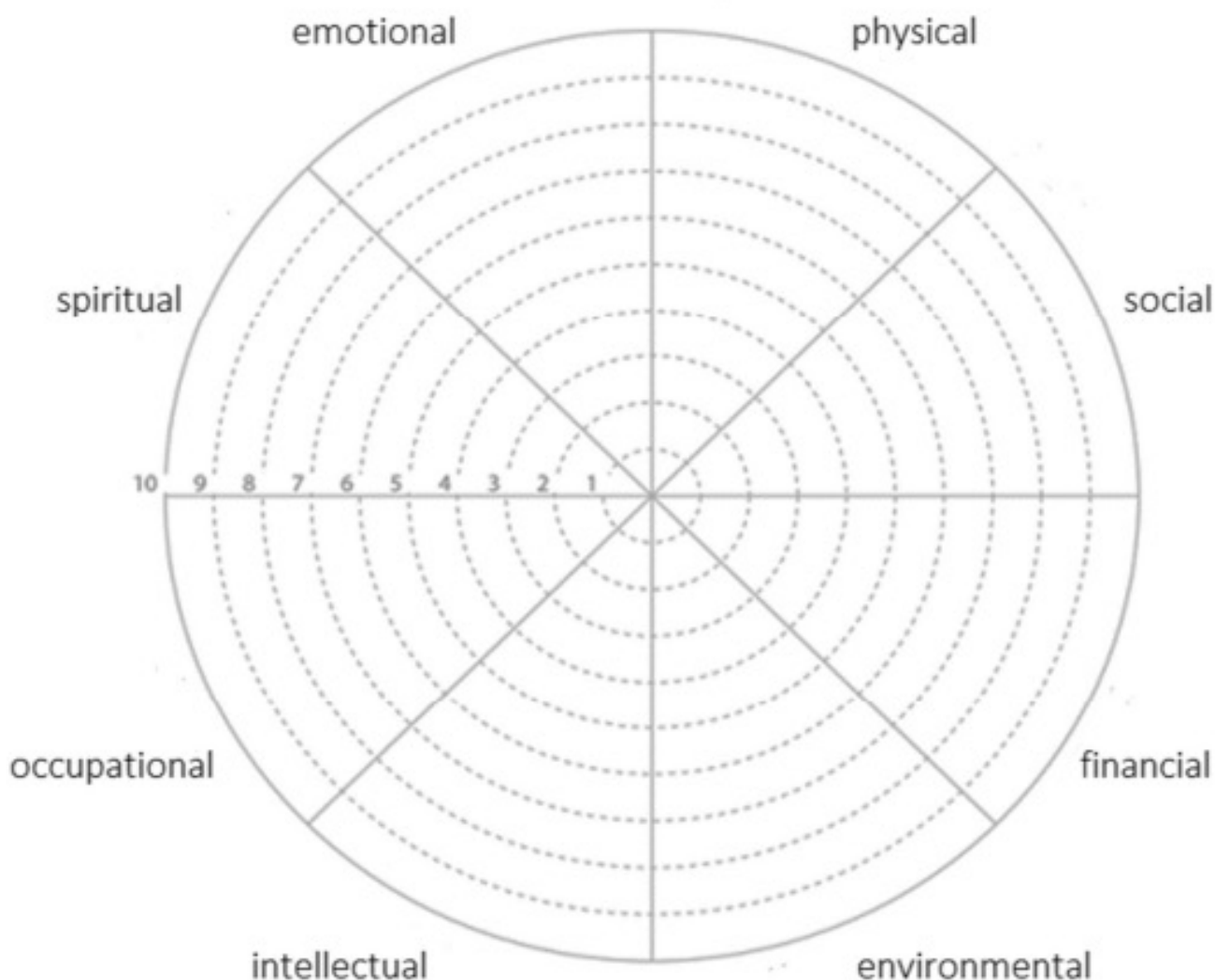
STEP THREE

Now that you have an idea of which areas need improvement, try to focus on a few small changes you can make over the next three to six months. *Repeat this activity at any time you need to re-focus and post it in a place where you'll see it often. Feel free to do this exercise with loved ones too.*



National Institutes of Health
Office of Management

CREATE YOUR WELLNESS WHEEL



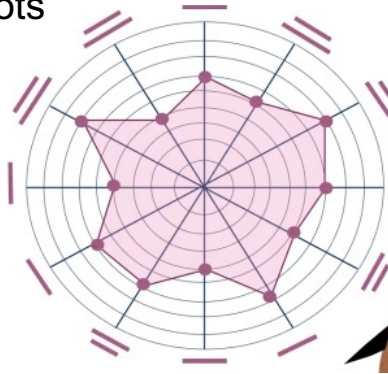
On a scale of 1 to 10, mark the number which most accurately represents your well-being *today* within each dimension. Use the next page as a guide of how you would like to connect each dimension.

Tip: Repeat this activity any time you need to re-focus your self-care and wellness. Post it in a place where you'll see it often, and feel free to do this exercise with loved ones

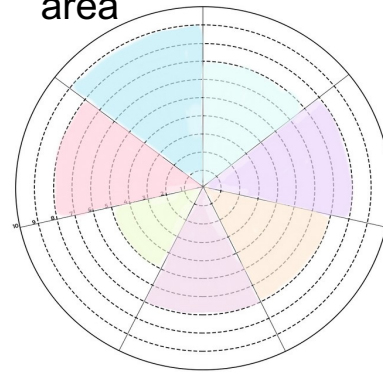


WELLNESS WHEEL EXAMPLES

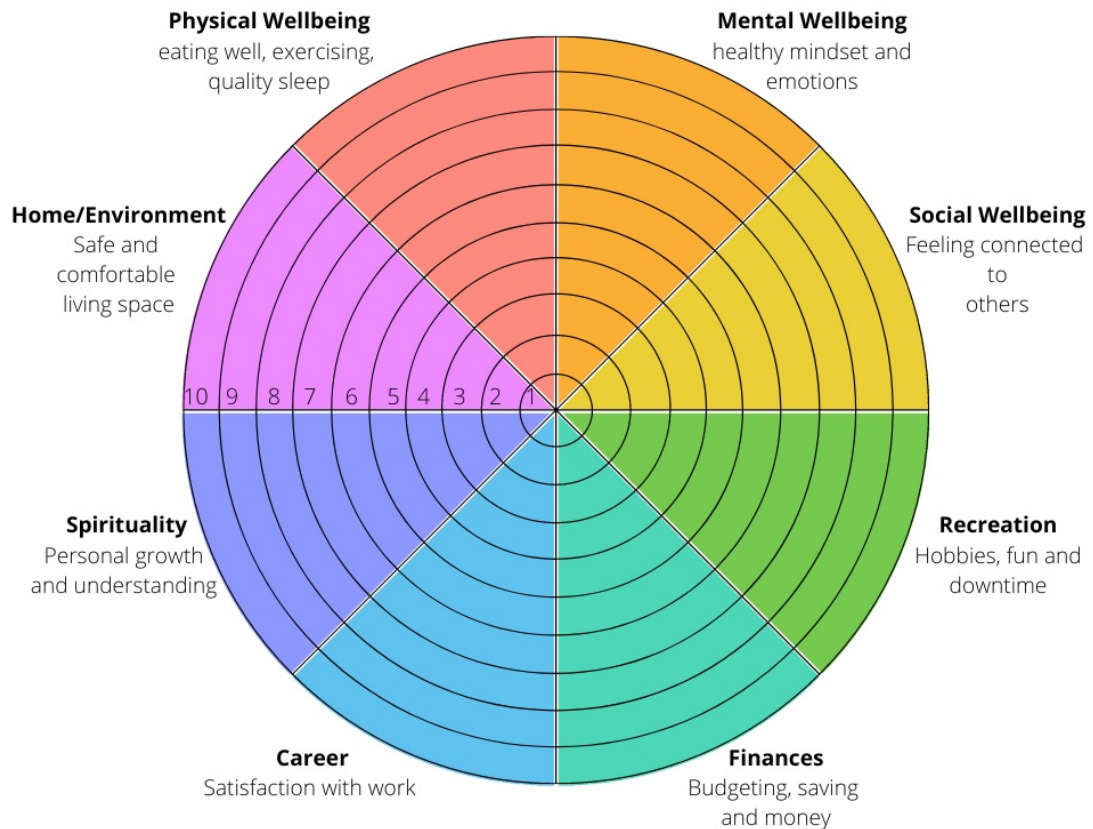
Spider web connecting dots



Shading of each area



Wellness Wheel





FOLLOW - UP QUESTIONS

What score did you give each area?

Mental: ___/10 Emotional: ___/10 Physical: ___/10 Environmental: ___/10
Spiritual: ___/10 Social: ___/10 Recreational: ___/10 Financial ___/10

Which areas do you want to focus on improving right now? (Pick 1-3)

What would need to happen to improve your chosen areas by 1 point?

What types of activities and practices would help you with your chosen areas?

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



SELF-CARE IDEAS

MENTAL

Read a book, take a class or workshop, learn a language, meditation, write in a journal

EMOTIONAL

Talk to a therapist, listen to your favorite songs, ask for help when you need it, set boundaries

PHYSICAL

Take a bath or long shower, exercise, drink more water, eat whole foods, take vitamins, go for a walk

ENVIRONMENTAL

Declutter your workspace, organize your closet, diffuse essential oils, make your bed

SPIRITUAL

Spend time in nature, practice yoga or Tai Chi, review your values & what's meaningful to you

RECREATIONAL

Play board or video games, play an instrument, explore somewhere new, try a new recipe

FINANCIAL

Make a plan for saving and spending to reach your goals.

SOCIAL

Call or see your relatives, write a letter to a friend, talk to a support group, plan a date night