

CHOOSE  
WELLNESS  
CHOOSE  
NESTLÉ



## WELLNESS WHEEL

Rate your satisfaction in each part on a scale from 1-5, with 1 being the lowest level and 5 being at optimal level. Then draw lines to connect each aspect to reveal your own wheel. Example shown on right using dotted lines.

### KEY

1. I never incorporate this aspect into my wellness journey.
2. I sometimes include this aspect in my wellness journey.
3. I occasionally spend time working on this aspect of my wellness journey.
4. I regularly spend time working on this aspect of my wellness journey.
5. I have mastered this pillar of my wellness journey.

#### Sources:

- <https://umatter.princeton.edu/action-matters/caring-yourself/wellness-wheel-assessment>
- <http://definitionofwellness.com/>
- [www.nationalwellness.org](http://www.nationalwellness.org)

**Spiritual Wellness** refers to having values or beliefs that provide a sense of meaning and purpose to your life, and considering whether your actions align with your values.

**Emotional Wellness** is understanding your own feelings and expressing emotions in a constructive way.

**Financial Wellness** is having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes.

**Mental Wellness** is engaging in creative and mentally-stimulating activities, expanding your knowledge and imparting knowledge to others.

**Nutritional Wellness** is regularly eating the right type and amounts of foods to nourish your body, maintain a healthy body weight and a good immune system.

**Physical Wellness** comes from making choices to avoid harmful habits and practice actions that support your physical body, health and safety.

**Social Wellness** refers to the quality of the relationships you have and how you interact with others.

