

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

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.

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.

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

