



My Wellness Wheel and Plan

Rate eight dimensions of wellbeing, see what the scores say,
then make a short plan with one small step.

01 Rate your eight dimensions

Rate each from 1 to 10 for how satisfied you feel right now. 1 is very unsatisfied, 10 is very satisfied. A score of 10 is not the goal. Skip the one you cannot score and come back.

Emotional: expressing feelings, coping with stress, enjoying life.

1 2 3 4 5 6 7 8 9 10

1 10

Environmental: feeling safe and comfortable where I live, learn and work, and having time in pleasant or natural places.

1 2 3 4 5 6 7 8 9 10

1 10

Financial: how I feel about my income, debts and savings, and my future money.

1 2 3 4 5 6 7 8 9 10

1 10

Intellectual: keeping my mind active, learning, and hearing other points of view.

1 2 3 4 5 6 7 8 9 10

1 10

Occupational: whether my work or daily activity gives me meaning and fits my values.

1 2 3 4 5 6 7 8 9 10

1 10

Physical: movement, food, rest and looking after my body.

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1

10

Social: close relationships, friends, family and community.

1 2 3 4 5 6 7 8 9 10

1

10

Spiritual: my beliefs and values, and a sense of meaning, purpose and peace.

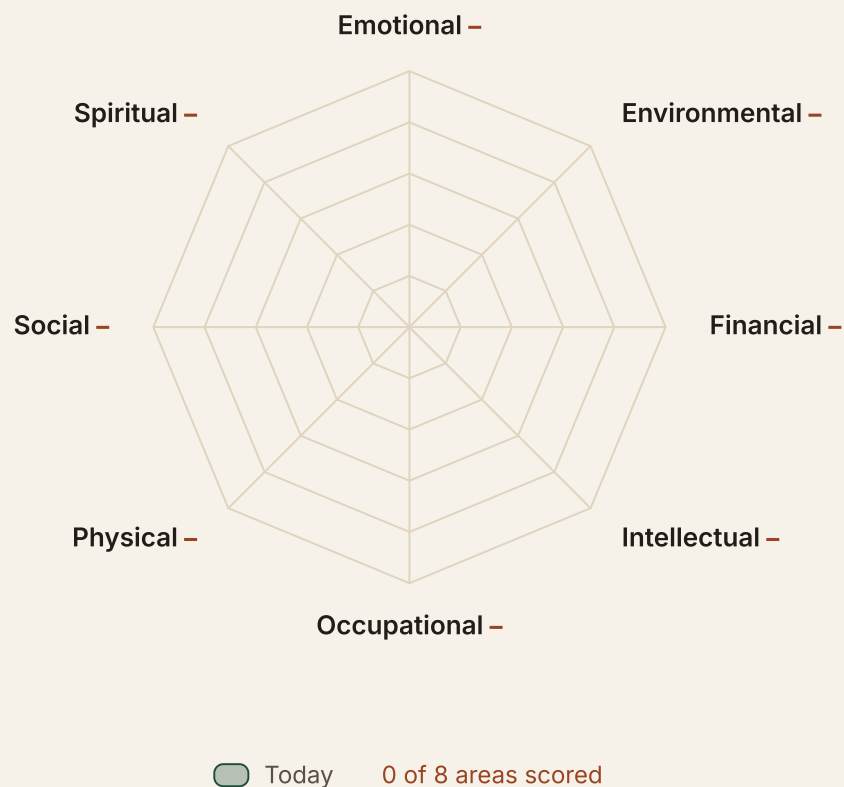
1 2 3 4 5 6 7 8 9 10

1

10

✦ Your wheel

It fills in as you score the eight areas above. A rounder wheel means your scores are close together. A spiky one shows where you feel better and worse supported.



02 What each low score is about

Pick your two or three lowest scores. A low number is information, not a verdict. Ask what is behind it.

Dimension	Score	What is behind it?	Is it in my hands, partly, or not?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

A score that surprised me, and why:

03 What is already working

Look at your higher scores too. They show what you already do that looks after you.

Two or three things that are already going well:

1.

2.

3.

What helps those areas stay steady:

04 Choose one or two areas

Start small. Pick the area that matters most to you right now, or the one where a small change could help other areas too. SAMHSA's guide describes the eight dimensions as connected, so a step in one can reach another.

The area or areas I will focus on:

Why these, and why now:

If one of these went up by a point or two, what would be different in my week?

05 My simple wellness plan

One small step for each area you chose. Small means you could do it this week, even on a tired day. Examples: a ten-minute walk after lunch, a call to a friend, a look at one bill, a tidy of one shelf.

Area	One small step	When	Support (a person, a tool, a reminder)

What might get in the way, and what I will do if it does:

06 Re-rate in 30 days

Pick a date about a month away and put it in your calendar. Re-rate the same eight areas on a fresh copy, then come back here. Scores can stay the same, and that is fine. The point is to look, not to climb.

My re-rate date:

After 30 days: what changed, what did not, and what will I keep, change or drop?

Overall, how looked after do I feel compared with when I started?

1 2 3 4 5 6 7 8 9 10

Less More

When you're done, a moment to reflect

- Which score did you hesitate over, and what made it hard to rate?
- Is a low score low because of your circumstances, or because it has quietly stopped getting any of your attention?
- Which area do you most often put last, and who taught you to do that?
- Which high score are you taking for granted?
- Is there an area where the real need is support from another person or a professional, not a plan?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/wellness-wheel



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.