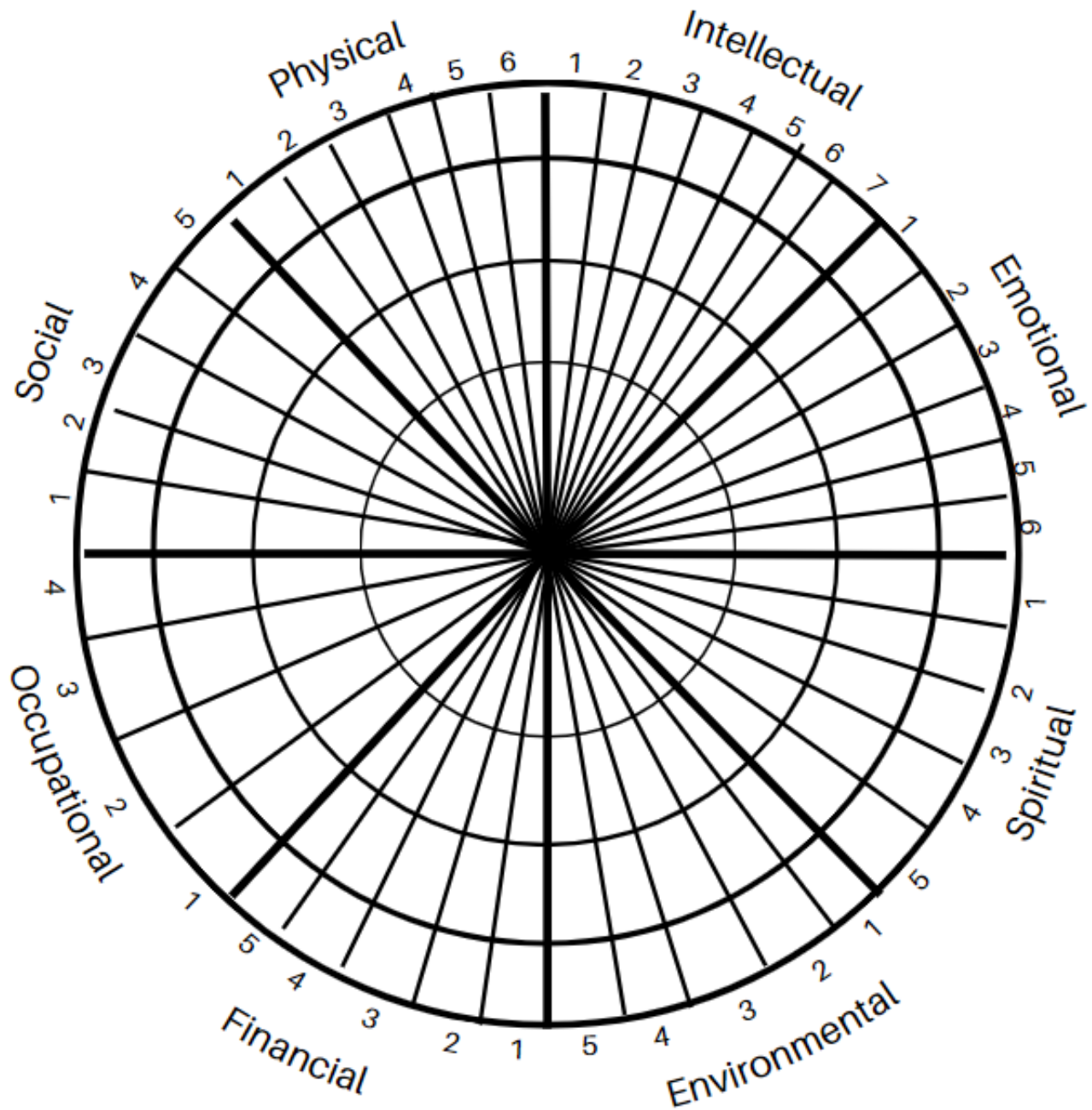


Your Wheel to Wellness

How balanced is Your Wheel to Wellness? Find out by following the directions below:

1. Please use *Your Wheel to Wellness Inventory* to answer each question within the correct dimension of wellness.
Read each question and shade in each wedge according to your answer.
2. The wellness wheel is divided into eight sections to represent the eight dimensions of wellness.
The more shaded each section is, the greater your level of wellness is for that dimension.
3. The wellness wheel is made up of four rings: the innermost ring represents 25% or “never/rarely” and the outermost ring represents 100% or “always”.

For example: Shade all four rings in the first wedge within the Intellectual dimension *if you always seek personal growth by engaging in ongoing learning opportunities.*



YOUR WHEEL TO WELLNESS INVENTORY

Assess your current engagement in behaviors & activities related to our eight dimensions of wellness. Use the inventory questions to fill in your wheel to wellness. This will help you visualize where you are at in your wellness journey!

Intellectual

1. Do you seek personal growth and satisfaction by engaging in ongoing learning opportunities (ex: college classes, certifications, reading)?
2. Are you willing to take on a new challenge regardless of the outcome?
3. Do you treat your own errors as opportunities to learn and grow?
4. Do you set limits on social media and internet use?
5. Are you intentionally using strategies to avoid procrastination?
6. Do you have an awareness of your own culture and world view?
7. Do you educate yourself on diverse cultural practices and worldviews?

Spiritual

1. Do you feel that your life has a sense of direction or meaning?
2. Do you have clearly defined beliefs?
3. Do you live each day in a way that is consistent with your values?
4. Are meditation, mindfulness practices, or prayer part of your everyday routine?
5. Do you accept events and others as they are without making judgements?

Financial

1. Do you think carefully about whether something is a need or a want before you make purchases?
2. Do you manage your finances in a way that keeps track of your expenses while maintaining a budget?
3. Do you have a savings plan?
4. Do you have a solid balance between saving for the future and spending for the present?
5. Do you avoid gambling or betting (ex: buying lottery tickets, gambling at a casino, gambling on the internet)?

Social

1. Is the quality of relationships that you have what you want it to be (ex: friends, family, UNI faculty, staff)?
2. Do you have a strong sense of belonging with the community in which you live?
3. Do you have open and honest communication with your partner(s)/roommate(s)/friend(s)/family about your needs, wants, and boundaries within the relationship?
4. Do you spend time with others who have different backgrounds, beliefs, and perspectives on life?
5. Are you connected with people who provide you with what you need?

Emotional

1. Do you love and accept yourself as who you are?
2. Do you use healthy coping skills (ex: deep breathing, relaxation techniques, journaling) to proactively manage your stress?
3. Are you able to effectively identify and regulate your emotions?
4. Can you appropriately express a wide range of emotions such as joy, fear, anger, frustration, appreciation, sadness, etc.
5. Does your mental health allow you to maintain doing your usual activities (ex: personal hygiene, self-care, social commitments)?
6. Do you practice self-compassion (giving yourself the same kindness you'd give a friend)?

Environmental

1. Do you take time to be outdoors?
2. In each season, can you appreciate aspects of beauty in the world?
3. Do you make efforts to reduce electronic usage (ex: turn off the lights, close the fridge, turn off the air, unplug unused electronics)?
4. Are you making your living environment a safer and healthier place?
5. Are those sharing your living space supportive of your journey of being the best version of yourself?

Occupational

1. Are you seeking out-of-class experiences to prepare for your future career (ex: internships, volunteering, student organizations, work experience)?
2. Are you actively working to balance academic/job responsibilities and life demands?
3. Have you explored career options related to your academic program and passions?
4. Does your academic program align with your beliefs and values?

Physical

1. Do you engage in at least 150 minutes of physical activity (ex: walking, running, biking, swimming) in a week?
2. Do you make food choices that honor your health & taste buds?
3. Do you receive the recommended 7-9 hours of sleep each night?
4. Do you receive routine physical exams (ex: vaccinations, breast exams, testicular exams, STI testing) each year?
5. Do you limit the number of alcoholic drinks you consume each week to less than 7 (sex at birth female) or 14 (sex at birth male)?
6. Do you use protective barriers (ex: condoms, dental dams) when engaging in oral, vaginal, or anal sex?

