

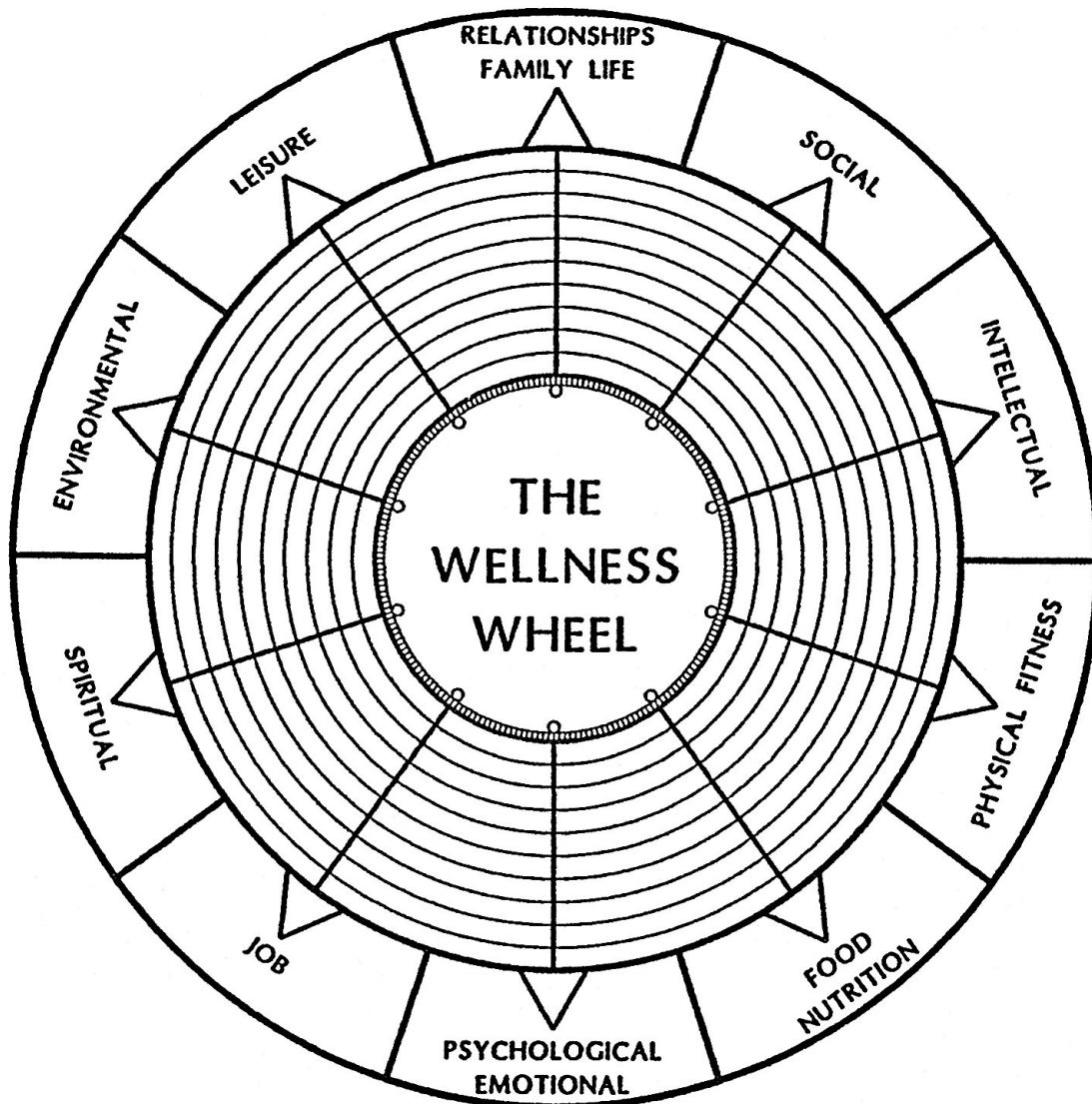
# WELLNESS WHEEL SELF-ASSESSMENT

## WELLNESS WHEEL INSTRUCTIONS

The following exercise is a great way to discover and prioritize which areas of your life need attention. You may feel that your relationships have little or nothing to do with the fact that you have chronic diarrhea, but until you balance your relationships you can't know for sure. The mind is not separate from the body. It is well-documented that the thoughts we have an influence our physical condition. All domains of wellness affect our sense of well-being.

## FILL IN YOUR WELLNESS WHEEL

How satisfied are you today in each of these areas of your life? Rate them on a scale from 1 to 10, with 1 being the most dissatisfied and 10 being the most satisfied. 10 would be at the outer edge of the circle, 1 in the center, and the other numbers in-between.



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### EVALUATING YOUR RESPONSES

Now look at your wellness wheel. Would it roll? Which spokes are the shortest? The short spokes are the areas you've paid less attention to recently, so they offer the greatest areas of discovery and opportunity. They help you prioritize which areas you need to pay attention to the most today.

Next, study the overall look of your wheel. Are you generally satisfied or dissatisfied with your life? People with 8s, 9s, and 10s generally feel pretty good about themselves; their lives are moving in the right direction. People with 0s, 1s, 2s, and 3s may be feeling a lack of confidence and have low self-esteem. If you have lots of short spokes on your wheel, you may want to boost your support systems. Find a friend to talk to or get a professional counselor to help you sort out your priorities.

My wellness wheel changes each time I do this exercise, depending on what's going on in my life at that particular time. It is a dynamic, ever-changing wheel. Now that you have looked at the spokes, choose one or two areas where you see an opportunity for growth and change. Make a small, achievable goal, like "I will only eat dessert one time this week" or "I will call my sister whom I haven't spoken to in a long time."

Be reasonable and easy on yourself. Small, attainable goals lead to success, which leads to more goal-setting and more success. If you've never exercised, begin by walking or biking twenty minutes once or twice a week. If you'd like to cut out coffee, you can quit or cut back. Some people find they only "need" the first cup of the day; other people switch to decaf, while others mix it half and half regular coffee and decaf. Remember that the journey toward wellness is as important as the destination. Don't worry about "getting there"; just enjoy the scenery!

When you work consistently on a wellness lifestyle, you expect to be healthier in ten years than you are today. Of course, we do age and we may meet with an unexpected illness, but in general, people who pay attention to how they feel have a greater sense of well-being. They also feel more responsible and in control of their lives.