

Personal Wellness Plan

Wheel of Life[[1]](#footnote-1) activity: Rank your **level of satisfaction** in each area of your life. The closer you are to 10, the more fulfilled you feel.

Fill in the rings according to your number in each area.

0

1

2

3

4

5

6

7

8

9

10

**Career**

**Money**

**Health & Well-Being**

**Friends**

**Family**

**Growth / Personal Development**

**Significant Other / Romance**

**Fun & Recreation**

**Physical Environment**

10

9

8

7

6

5

4

3

2

1

0

 0 1 2 3 4 5 6 7 8 9 10

10 9 8 7 6 5 4 3 2 1 0

1. In which areas are you **already strong**? What makes this area so strong for you?
2. Which of the areas might be the **most beneficial for you to focus on right now**?
3. How does this focus area connect to **your plans, your vision, your purpose**?
4. What **challenges** do you anticipate in improving your level of satisfaction in this area?
5. What is **one specific action you could take immediately** that would count as a step forward in this focus area?
6. What is **one medium-term goal** in this focus area that you could probably achieve in the next 3 months?



Personal Wellness Plan



Complete a **Personal Wellness Inventory** to learn about your strengths and opportunities for growth along the 8 Dimensions of Wellness. 🡪

How does this dimension of wellness affect your life? Are there changes you would like to make to increase your wellness in this area?

http://go.iu.edu/wellness8

Write your scores here:

|  |  |  |
| --- | --- | --- |
| **Dimension** | **Description** | **Score** |
| Physical | Recognizing the need for physical activity, healthy foods, and sleep. |  |
| Social | Developing a sense of connection, belonging, and a well-developed support system. |  |
| Emotional | Coping effectively with life and creating satisfying relationships. |  |
| Environmental | Good health by occupying pleasant, stimulating environments that support well-being. |  |
| Spiritual | Expanding a sense of purpose and meaning in life. |  |
| Financial | Mindfulness, planning, and satisfaction with current and future financial situations and goals. |  |
| Intellectual | Maintaining an active mind by exploring interests, expanding knowledge, skills, and creativity. |  |
| Occupational | Experiencing growth, personal satisfaction and enrichment from one’s work. |  |

Identify focus areas either from the *Wheel of Life* or the *Personal Wellness Inventory*…

|  |  |  |  |
| --- | --- | --- | --- |
| **What action do you want to take?** | **By when?** | **What resource will help you succeed?****e.g. person, office, service** | **How will you know if you are successful?** |
| **Focus Area:****Action:** |  |  |  |
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1. Adapted from Real Balance: Wellness Mapping 360° [↑](#footnote-ref-1)